

Your First Wealth Is Health



Crispy Kale Chips

Preheat oven to 350° F

Ingredients:

1-2 bunches of Kale (curly kale works great)

2-3 tsp of Olive Oil

Kosher or sea salt to taste

Freshly ground pepper to taste

Remove the thick stem from the kale and tear into bite-sized pieces.

Drizzle with olive oil, sprinkle with kosher or sea salt and freshly ground pepper, and then massage the kale to distribute the oil and seasonings. Spread out on a sheet pan. Be sure to not crowd the pan or the chips will not be crisp; you may have to use two sheet pans.

Bake for 15 minutes or until chips are crispy and lightly browned around edges.

Cool on the pan and enjoy. If you place the warm kale chips on a cool plate, then the chips will become soggy.

Store in a paper bag for a day or two if you haven't eaten all of the chips while they are warm straight off of the sheet pan!

Optional:

Sprinkle with finely grated Parmesan or Asiago cheese for Cheesy Kale Chips or sprinkle with a small amount of smoked paprika for Smoky Kale Chips or whatever spices your heart desires.