

Kale Chips

Tear the Kale leaf into bite sized pieces, discarding the thick center stem, and put in a large bowl. Sprinkle lightly with Olive Oil or Grape Seed Oil and stir until the kale pieces are laced with the oil. Sprinkle with salt and place on a lightly greased cookie sheet. Squeeze lemon juice over the kale pieces and bake at 300° until crispy-20 to 30 minutes. You will want to 'fluff' the chips once or twice while baking and remove the pieces that are done. Cool to store. These chips store nicely in a zip lock bag or storage container-if there are any left to store.