



BAKED KALE CHIPS

Preparation: **10** minutes | Cooking: **20** minutes | Servings: **6**

INGREDIENTS

1 bunch kale
1 tablespoon olive oil
1 teaspoon flaked sea salt



INSTRUCTIONS

Preheat oven to 300 degrees. Line a rimmed baking sheet with parchment paper. With a knife or kitchen shears, carefully remove kale leaves from thick stems and tear into bitesize pieces. Wash and thoroughly dry kale with a salad spinner. (Note: The key to crispy kale chips is to make sure you completely dry the kale leaves. Use paper towels or a dish towel to remove any drops of water that might remain after washing and spinning your kale.) Drizzle kale leaves with olive oil and toss to combine. Spread out in an even layer on the baking sheet without overlapping and sprinkle with salt. Bake until the edges start to brown but are not burnt, about 20-30 minutes.

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Recipe source: <https://www.allrecipes.com>