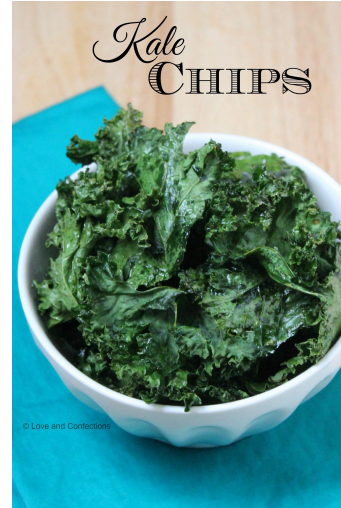


## **Kale Chips**

*A Love and Confection family recipe*

### **Kale Chip Ingredients:**

- 1 bunch of Kale
- Sea Salt, to taste
- 1/2 teaspoon Garlic Powder
- 2-3 teaspoons Olive Oil
- 1-2 pinches of Red Pepper Flakes (optional)



### **Kale Chip Directions:**

1. Heat oven to 275F and lightly spray non-stick cooking spray onto 1-2 sheet pans with sides.
2. Pull leafy portions from stringy veins of Kale and tear large leafs into smaller pieces. Rinse well and spin or pat and air dry. Make sure they are completely dry before baking to insure a crisp chip.
3. Place the Kale in a large mixing bowl and add Sea Salt, Garlic Powder and Olive Oil. Toss lightly to coat and place in a single layer on your sheet pan.
4. Bake for 18-22 minutes, rotating halfway through. They should shrink about 50% and are done when crisp. Let them cool on the sheet pan for 3-5 minutes. They are very delicate, so carefully, with a spatula, remove the Kale Chips from the sheet pan and place them in a bowl for serving.

\*Kale Chips are best eaten within 24 hours of baking. I have not tried this, but if you choose to store them, place some uncooked white rice in the bottom of an airtight container and store for up to 2 days.