

Kale Chips Recipe

1 bunch of Kale--any kind

Olive Oil

Sea Salt

Preheat the oven to 350°. Tear off all the leaves from the kale stalks, and place them on a cookie sheet. Next drizzle with olive oil and grind some sea salt on the leaves. Toss the kale, then, distributing the olive oil and salt as best as possible. Bake in the oven for 10 minutes or less. You want the kale to be crispy, but not burnt. Munch away!