

Perfect Kale Chips*

TIME: 5 minutes Prep, 15-20 min cooking

Makes 3 servings

INGREDIENTS

1 bunch kale, stems removed and leaves torn
1 Tablespoon olive oil
½ teaspoon sea salt
¼ teaspoon pepper
Spices or seasonings of choice

Hummus, Ranch Dressing or Ketchup for dipping

DIRECTIONS

1. Heat oven to 300 degrees. Line two large baking sheets with parchment paper or spray with Vegetable oil (Pam).
2. Wash the leaves and dry them completely with a salad spinner (or pat dry with a dish towel).
3. Place the kale leaves in a large bowl and drizzle with the oil. Massage the oil into the kale with your hands until the leaves are thoroughly coated with the oil.
4. Place the kale leaves on the baking sheets in single layers. Sprinkle with seasonings.
5. Bake for 10 minutes then rotate the pans and bake for another 7 to 10 minutes until the leaves are crispy but not burned.

OPTION: SERVE WITH Your Favorite dip!

1. Bring 1 ¼ cups water or beef broth to a boil.
2. Add 1 cup couscous and dash of salt
3. Stir. Cover. Remove from heat and let stand for 5 minutes. Fluff with a fork and serve

EQUIPMENT

Mixing Bowl
Baking Sheets
Parchment Paper – optional

Source: Oh How She Glows Cookbook, by Angela Liddon