



Quick & Easy Kale Chips

Serves 1-2

Ingredients

- 1 bunch of kale, washed and dried
- Extra Virgin Olive Oil (EVOO) spray
- Sea Salt

Directions

1. Preheat oven to 300 degrees.
2. Remove the center stems and tear the leaves into tortilla chip size pieces. (these will shrink to about $\frac{1}{2}$ - $\frac{2}{3}$ original size)
3. Spread on a baking sheet (or two, depending on the amount of kale).
4. Spray with EVOO & sprinkle with salt to taste
5. Bake at 300 degrees for 15 minutes or until crisp (keep checking - be careful not to overcook).