

# KALE CHIPS

BY BETSY HICKS

## INGREDIENTS:

- 1 whole head of flat leaf kale
- 1/4 cup of olive oil
- sea salt
- 4 garlic cloves, smashed (This is optional and can be sprinkled on leaves for added flavor.)

## DIRECTIONS

Preheat oven to 325°. Wash and dry kale so that the water is no longer on the surface of the leaves. Lay kale down on a cutting board. With a paring knife, cut out the stem, leaving only the dark green leaves. Dip hands in olive oil and rub generously on the leaves. (For Brussels sprouts, peel off the outer leaves and coat with olive oil.)

Place leaves on a baking sheet. Generously salt. Place in oven. Cooking time will vary depending on the size and thickness of leaves. When they are crunchy, the kale will turn dark green and the sprouts will turn a light brown.

Remove from oven before they turn dark brown. They should crunch. If they turn soft, return them to oven for a few more minutes. One head of kale makes enough for a family snack. If they get soggy, just throw them back in the oven for a couple of minutes to get rid of the moisture.



YOU CAN USE ANY THICK LEAF VEGETABLE FOR THIS RECIPE. BRUSSEL SPROUTS MAKE A GREAT REPLACEMENT FOR POTATO CHIPS.