

Crispy Kale

3-4 C fresh kale, hard stems removed, cut in bite size pieces

1Tbs olive oil

1tsp cider vinegar

1/2 tsp salt

Drizzle kale with olive oil and vinegar, toss to coat evenly.

Place on baking sheet and bake for 10 min on LOWEST rack in oven at 350 degrees.

Stir and bake 10 min more, or until crispy.

If kale bends it is not done.

Reduce oven temp if it browns too quickly.

Remove from oven and salt

Delicious!!!!

Tanya K