

You can't give me enough kale!
All my kids love this recipe, and it disappears in minutes.
Makes a great snack or appetizer for the kids while I'm cooking dinner.

Crispy Roasted Kale
(a.k.a. Kale Chips)
1 bunch fresh kale
olive oil
salt
pepper
dried onion flakes (optional)

Preheat oven to 350 degrees.

Wash and spin or pat dry the kale.
Cut off stems and any large ribs and cut or tear into large pieces.
Line a cookie sheet with parchment paper and arrange kale on sheet, avoiding overlapping.
Drizzle with olive oil and stir to coat evenly.
Sprinkle with salt, pepper and onion flakes.
Bake in oven until crispy or until tips of kale leaves begin to brown, 5-10 minutes.
If kale doesn't seem to be cooking evenly, stir halfway through cooking time.
Remove from oven and eat while still warm. Lorraine M