

Crispy Kale

Serves 10

This quick and easy preparation will make a kale fan out of even the most reluctant greens eater. A cross between a side dish and a snack food, we sometimes call them Kale Chips and just munch them by the handful as they emerge from the oven.

Ingredients

2 lg. bunches kale, stems removed
2-4 Tbsp. olive oil
 Kosher salt
 Freshly ground pepper

Method

Oven Temperature: 550-575 degrees

Tear the larger stemless kale into bite sized pieces. Smaller leaves may remain whole. Toss in a large bowl with the oil. You want the leaves coated but not dripping in oil. Sprinkle with salt and pepper. Arrange in a single layer on one or two sheet pans.

Flame Height: 3.6

Roast kale in the center of the oven for just a few minutes, rotating the pans and stirring with tongs as necessary for even cooking. The kale should be just lightly browned in spots and crispy. Taste and sprinkle with more salt if needed.



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