

Kale Chips	
Ingredients	Instructions
<ul style="list-style-type: none"> • 2 bunches kale, stems removed, chopped into chip-sized pieces • 6 garlic cloves, finely diced • 3 tsp olive oil • Salt, to taste • ¼ cup Parmesan, grated (optional) • *Your favorite seasoning(s) 	<ol style="list-style-type: none"> 1. Preheat Oven: Heat to 300°F (150°C). 2. Season Kale: Remove stems and chop into chip-sized pieces. Ensure kale is well dried using a salad spinner and then a towel to pat dry. Chips will not bake up crispy if not fully dried off. In a large bowl, drizzle olive oil over kale leaves, add garlic and a sprinkle of salt, toss together. 3. Bake: Spread onto a baking sheet, do not overload the baking sheet, bake in two batches if necessary. Bake for 10 minutes then rotate the baking sheet 180° and continue baking for 10–15 minutes until crispy (watch closely to prevent burning). 4. Finish: If desired, sprinkle with Parmesan (or your chosen seasoning) while warm. Serve warm or store in an airtight container for later (will last up to a week). Enjoy as a crunchy snack. <p>*Seasonings: Season chips with whatever you like, anyway you like. Try a little extra salt and some vinegar, or black pepper and lime juice. Combine chili powder, cumin, onion powder and paprika to create a wonderful Mexican-style seasoning. Or brown sugar, garlic powder, paprika, onion powder, chili powder, and salt can be combined to create beautiful BBQ flavoured kale chips. The only limit, your own imagination!</p>