

Kale Chips

Ingredients:

- 1 large bunch kale
- 3 tablespoons olive oil
- Salt and black pepper, to taste

Preparation:

1. Preheat oven to 350° F.
2. Wash, rinse and dry kale. Separate leaves from stems and tear into small pieces (about 2 inches).
3. Place kale pieces in large bowl. Toss with oil, salt and pepper until leaves are evenly coated. Spread kale evenly on large baking sheet. Bake for 8 minutes.
4. Remove kale from oven and turn. Continue baking for another 8 minutes or until kale is crispy. Watch carefully - kale changes fast from crispy to burnt. Serve warm.



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