

THE CULINARY

Playground



Kale Chips

serves 1-2

1/4 head kale, washed and thoroughly dried

1/4 tablespoon olive oil

Sea salt, for sprinkling

optional additions; sprinkling of any of the following
grated Parmesan or Asiago cheese, cayenne pepper, onion powder, chili powder, paprika

Preheat the oven to 275 degrees F (250 convection oven)

Remove the ribs from the kale and rip into 1 1/2-inch pieces. Lay in a single layer on a baking sheet lined with parchment paper and massage leaves with the olive oil. Sprinkle with salt and other additions if using.

Bake for 10 minutes, rotate pan and bake for another 12-15, until crisp.

Let rest on baking sheet for about 3 minutes to cool.

Serve as finger food.

Store remaining chips in an airtight container.