

Crispy Kale "Chips"

Recipe courtesy Melissa d'Arabian

Prep Time: 25 min
Inactive Prep Time: 1 hr min
Cook Time: 20 min
Level: Easy
Serves: 4 servings

Ingredients

1 head kale, washed and thoroughly dried
2 tablespoons olive oil
Sea salt, for sprinkling

Directions:

Preheat the oven to 275 degrees F.

Remove the ribs from the kale and cut into 1 1/2-inch pieces. Lay on a baking sheet and toss with the olive oil and salt. Bake until crisp, turning the leaves halfway through, about 20 minutes. Serve as finger food.

© Copyright 2012 Television Food Network G.P., All Rights Reserved