

Crispy Kale Chips

Ingredients

- 8oz bunch of kale, any variety
- 1 tablespoon infused olive oil
- salt
- herbs and spices to your preference (optional)

Instructions

- Preheat oven to 375F
- Wash and fully dry a bunch of kale, trimming off the stiff central vein that runs through each leaf. Tear the leaves into 2” wide pieces and place in a bowl.
- Drizzle with infused olive oil (more or less depending on desired potency - you can also use a combination of infused olive oil and regular olive oil).
- Sprinkle with salt and other herbs and spices that you might like. The added herbs and spices are optional but fun to play around with).
- Arrange the kale pieces in a single layer on a large baking sheet.
- Place in the oven for 10 minutes, until chips are crisp. Depending on your oven you may need to adjust the bake time, so keep an eye on them for the last few minutes. Serve immediately or let cool.

Hands on Time: 10 minutes

Store in an airtight container for up to 3 days.

Notes