

Oven Roasted Kale Chips



Ingredients

- 1 bunch kale
- 1/8 cup olive oil
- 1 tablespoon apple cider vinegar or red wine vinegar
- ½ teaspoon good quality salt
- fresh ground pepper
- 1 or 2 seasonings of your choice: nutritional yeast flakes, garlic powder, red chili flakes, curry powder or Italian herbs

Directions

1. Put a larger shallow roasting pan or sheet pan in the oven and pre-heat to 375 degrees
2. Rinse kale and dry completely
3. Remove stems approximately 3 inches wide
4. In a large bowl combine the kale with above ingredients and seasonings, coating evenly with mixture
5. When the oven is up to temperature, carefully put the kale into the hot pan, spreading it out into one layer
6. Roast in oven for 10 minutes until kale is crispy and dry but not too brown
7. Some may be chewy instead of crisp
8. Serve immediately