

## **Kale Chips**

The Bearer Chef Original

**Servings: 6**

### **Ingredients:**

- 6 cups Kale, stemmed and torn
- 2 tsp. Olive Oil
- 1/2 tsp. Salt

### **Directions:**

1. In a large bowl, toss together the torn kale, olive oil and salt. Arrange in a single layer on a parchment lined baking sheet.
2. Bake in the center of the oven at 350F until dark green and crisp, about 12-15 minutes.

### **Notes:**

Above is a plain kale chip recipe, however kale chips can be flavored like regular chips. Try using BBQ salt, other flavored salts or half the mixture I used for my spicy roasted chickpeas!