

Kale Chips

1 bunch kale (any kind, curly has is most exciting results)

1 Tbs oil

salt

Preheat oven to 300. Remove stems from kale and break or cut leaves into uniform sized pieces. In a bowl, toss the kale with oil to thoroughly coat. Place kale onto baking sheet(s) in a single layer and sprinkle with salt. Bake until crisp, about 20 minutes. Let cool completely.