

Crispy Kale

6-8 cups of chopped kale, stems removed

2 tbsp olive oil

1 tsp apple cider vinegar

½ tsp salt

- Place a rack on the lowest shelf of your oven. Preheat oven to 350F
- Toss kale with olive oil and apple cider vinegar. Spread kale on a baking sheet.
- Place on the lowest rack of the oven and bake for 10 minutes.
- Remove from oven and stir.
- Bake another 8-12 minutes or until kale is crispy. It should be just lightly browned and crispy to the touch. If kale still bends, rather than crackles when you touch it, it isn't done yet. Return it to the oven. Turn down the heat if it is getting too brown. Continue cooking until crispy.
- Remove from oven, and sprinkle with salt and serve immediately.