

Kale Chips with Lemon Sea Salt



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Write me:

askamy@dacooking.com

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You need these in your life!

Why? Reason one: I refuse to allow you to pay five dollars for them at the Farmer's Market.

Reason two: They are a healthy alternative to most packaged chips.

Reason three: They Taste Great!

Amy

- 1 large head of Kale, torn and center stalks removed.
- Olive oil
- ½ lemon, juiced
- Sea Salt

1. Heat oven to 275 degrees F
2. Mix 1 tablespoon olive oil and lemon juice.
3. Toss Kale in olive oil solution using more olive oil as needed to achieve a slightly oily feeling to the Kale.
4. Place one layer at a time on baking sheets, separating Kale pieces.
5. Sprinkle with Sea Salt and bake for approximately 15 minutes.

Kale Chip baking times may take 10 to 20 minutes due to varied thickness of the pieces.