Kale Chips – Adapted from Valerie Bertinelli – Food Network



*“Naturally Grown, Locally Fresh”*

*Cornerspringfarm.net*

# Ingredients:

6 C. Tuscan or Curly Kale 2 Tbsp. EVOO (Extra Virgin Olive Oil)

Sea Salt & Pepper to Taste

Grated Parmesan

# Directions:Preheat Oven to 300. De-Stem Kale and tear into large pieces. Place in bowl and toss with EVOO. I like to mix it in with my hands to make sure all the nooks and crannies get oiled. Sprinkle with Salt and pepper and place on baking sheets in a single layer. Cook 20-25 minutes until kale is crispy. You may want to stir after 10 minutes. Remove from oven and immediately sprinkle with Parmesan. Store Kale chips in Ziploc bag or airtight container.

I also like to sprinkle with old bay, Cajun or Greek seasonings that you can find at local grocery stores.

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