

Kale Chips

Use curly kale... the flat leaf kale doesn't crisp up enough to get that good crunch. Take a few stalks, wash, and dry. Starting at the bottom, gently tear the leaves, kale grows in natural sections, so just pull it apart right where it separates, and place in a bowl.

Pour a few teaspoons of olive oil and lightly coat all the leaves.

Next spread the leaves in a single layer on a sheet pan, sprinkle with a little salt. For an added twist, use garlic salt, or even salt-free seasoning. Be careful with the salt, it's easy to over-do it. Remember, you can always add more, but you can't take any away!

Bake at 350° for 15 to 20 minutes, until crisp.



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