### Kale Chips

**Serves 4-6**

**Ingredients**
- 3 cups of kale (about 10 large leaves)
- 2 tsp olive oil
- 1/8 tsp salt (optional)

**Directions**
- Preheat oven to 350° F.
- Wash kale and spin dry in a salad spinner.
- Remove kale leaves from center stalk and tear into bite-sized leaves.
- Spread out kale leaves on baking sheet.
- Drizzle with olive oil.
- Sprinkle with salt (optional).
- Bake for 15 minutes or until kale is crispy with edges slightly browned.

**Variations:** Try different seasonings such as parmesan cheese or different herbs and spices.

( Courtesy of UMaine Cooperative Extension)