

Kale Chips



Ingredients ~

Bunch of Lacinato (Black) Kale

[curly kale is too fragile]

1 TBSP oil per bunch of kale (coconut, ghee, red palm, or a mix of any two of these)

Added spices: these are ones I commonly use.

Garlic Gold Nuggets (Food Coop)

Vegan Parma (original) in refrigerated section at Coop

Pistol River Mushroom Powder (Trader Joe's?)

[experiment with your own favorites. can also use shredded parmesan or romano cheese]

Process ~

Heat oven to 350. Melt oil while cutting washed kale into bite sized pieces. Cut away heavy stems. Place in a large salad bowl and pour the oil over the leaves. Mix very well to cover all leaves with oil - like you do a salad. Sprinkle on spices and continue to mix. Lay out on a cookie sheet in thin layers. Sprinkle more spices to taste. Place on oven rack and turn heat down to warm. Check hourly. Remove from oven when all pieces are crisp.

I find it works well to make the chips in the evening, turn the oven completely off and let it slowly cool. Take trays out in the morning and they will be perfect.