

Kale Chips

Serves: 4

Ingredients

- 2 bunches kale, washed and thick skins removed
- 1 Tablespoon apple cider vinegar
- 1 Tablespoon extra virgin olive oil
- Sea salt to taste or sprinkle with Parmesan Cheese

Pre-heat oven to 350 degrees F. Chop or tear into "chip" size pieces. In a bowl, pour the vinegar, and oil onto kale. Toss and spread onto baking sheet. Mix to coat all pieces. Bake for 10 minutes or until crispy. Serve immediately!