

## Kale Chips



### Ingredients:

- 1 bunch of kale, washed and stems removed
- 1 T olive oil
- 1 T balsamic vinegar
- Salt to taste

### Directions:

1. Preheat oven to 375 F. Tear kale into bite sized pieces.
2. In a bowl, combine kale with olive oil and balsamic vinegar until lightly coated.
3. Transfer kale to a foil or parchment lined cookie sheet and bake for 20-30 minutes, or until kale is crispy and lightly browned. Stir every 10 minutes to avoid burning.

Makes 4-6 servings.



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