

*Everyday Healthy! Everyday Delicious!*

From the Kitchen of Janice Feuer Haugen

## Crispy Kale Chips

Yield: 6 - 8 cups, depending upon the variety

1 bunch kale (any variety), washed, dried and stemmed  
2 tablespoons extra virgin olive oil  
1 tablespoon balsamic vinegar  
Sea salt to taste

Preheat the oven to 225 degrees.

Remove the stems and tear or cut the kale into approximately 2-inch pieces. You should have about 8 cups of medium-packed kale. Put the kale into a large bowl and toss it with the olive oil and balsamic vinegar until the leaves are evenly coated. Line two large cookie sheets with parchment paper. Place the kale in a single layer on each of the two pans. Sprinkle the kale lightly with sea salt. Bake the kale until it is very dry and crisp, about 1 hour, rotating the pans after 30 minutes.

