

Kale chips

If you want kale chips that are super-crisp, dry them in a salad spinner. If there is moisture on the leaves, the kale will steam, not crisp.

1 bunch kale, torn into bite-sized pieces and tough stems removed (about 1/3 pound) 1 tablespoons olive oil per pound of kale Penzey's mural of flavor or Tuscan Sunset seasoning or whatever seasonings you enjoy.

1. Preheat oven to 355F.
2. Place the kale leaves into a salad spinner and spin all of the water out of the kale. Place the kale on the baking sheet.
3. Spritz olive oil over the kale leaves with a **Misto** or place oil and leaves in a bowl with cover and shake to coat well. Bake in the oven for 5-15 minutes until leaves are crisp. Take a peek at the 5-minute mark. The timing all depends on how you like them and how hot your oven is. Use tongs to touch the leaves, if the leaves are still a bit soft, leave them in for another 2 minutes. **Do not** let the leaves turn brown (they'll be burnt and bitter) Remove from oven, and serve.

2 oz of kale chips 44 calories, 2 g fat, 6 g carbs, 1 g fiber.