

Meals from Your Market

Kale Chips

A great alternative to chips or junk food snacks!

Ingredients

- Fresh kale or collard greens, from your garden, farmers' market or grocery store produce section.

Instructions

1. Harvest or purchase as much kale or collard greens as you feel you need to feed everyone you are intending to serve.
2. Wash the greens well and place aside to dry. Cut it into chip size pieces.
3. When thoroughly dry, spread a thin layer of greens on a cookie sheet. A thick layer may not get crisp enough.
4. Spray or toss the kale with olive oil. Sprinkle with salt, pepper or herbal seasoning blend, if desired.
5. Bake at 375° until crisp, about 10 to 15 minutes.
6. Serve and enjoy!



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