

CRISPY KALE

6 cups kale (chopped and stems removed)

3 tsp olive oil

1/2 Tbsp kosher salt

1/2 Tbsp garlic powder

Preheat oven to 350°F.

Place kale in a large mixing bowl; drizzle with olive oil. Using hands, mix well to evenly coat leaves with oil. Divide kale between two baking sheets and spread leaves in a single layer. Sprinkle lightly with kosher salt, and garlic powder (sometimes I sprinkle a tad of sugar.) Bake for 20 minutes, or until leaves are super crispy and completely dry. Eat immediately or store in a big ziploc bag. Toss the kale into pasta dishes or soups!

Makes 4 servings.