

Kale Chips

3 or 4 large kale leaves, with stem removed and cut into 2" pieces

2 T apple cider vinegar

1 T Extra-Virgin Olive Oil

A few pinches of kosher salt

Preheat oven to 400 and line a baking sheet with parchment paper. Whisk together vinegar, oil, and salt, and toss with kale leaves. Place in a single layer on cookie sheet and place into oven. Bake 7-12 minutes flipping halfway through until crispy. Do not overcook or allow them to become completely brown as they will taste bitter, and this can happen quickly, so be attentive!