

TTYS Recipe of the Day: Kale Chips

Ingredients: Bag of pre-washed Kale, Olive Oil, Salt/Pepper, Shredded Parmesan(optional)

Preheat the oven to 350 degrees Fahrenheit. Line a cooking sheet with aluminum foil.

Pour the kale into a bowl, lightly coat the kale with olive oil. (make sure not to put too much oil in or it will not turn out crunchy)

Pour the kale out onto the cooking sheet, making sure to keep it a single layer. Sprinkle with desired amount of salt and pepper. Variations can also be used with cayenne pepper, lemon pepper.

Put into the oven for approx. 10 minutes. Keep a close eye on the time as you do not want them to burn. Remove from the oven and let cool. Optional topping: after it is cooled sprinkle with Parmesan cheese.