



# Kale Chips

## Ingredients:

- 1 head of kale
  - Sea salt to taste
  - Extra Virgin Olive Oil
  - Red wine vinegar
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## Preparation

Preheat oven to 400 degrees. Wash and thoroughly dry kale leaves (a salad spinner works great). Separate kale leaves from stems. Discard stems and tear leaves into large pieces. Place kale leaves in a large bowl and drizzle olive oil and red wine vinegar over top of leaves. Add a few "grinds" of sea salt to taste. Thoroughly mix the olive oil and vinegar with the kale leaves until all leaves are coated. Place leaves on a large rimmed baking sheet and place in oven. Set timer for ~ 8 minutes. Remove kale from oven when outside edges of leaves are brown and crisp. For crispier chips bake for a few minutes more - keep a close eye on the chips so they don't burn.

Serves 2 - 4