

Baked Kale Chips

1 bunch kale

1 tablespoon olive oil

1 teaspoon seasoned sea salt

Preheat an oven to 350 degrees F (175 degrees C).

Line a non insulated cookie sheet with parchment paper.

With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces.

Wash and thoroughly dry kale with a salad spinner.

Drizzle kale with olive oil and sprinkle with seasoned sea salt.

Bake until the edges brown but are not burnt, 10 to 15 minutes.