



Ken's Kale Chips

Ingredients:

Kale Bunches (curly kale works best)

Olive Oil (2-Tbs. per bunch)

Soy Sauce (2-Tbs. per bunch)

Sesame Seeds (2-3 Tbs. per bunch)

Make sure that the kale is dry using paper towels to remove grocery store produce-section water (lettuce spray) from the kale leaves. Remove stem/central vein from each leaf (save the stems for soup stock) and place leafy parts in large bowl.

Add olive oil, soy sauce, and sesame seeds to kale. Massage together so that leaves are covered with oil, soy sauce, and

sesame seeds.

Preheat oven to 400° Place parchment paper in the bottom of a high-sided cookie sheet or broiler pan.

1. Place oil/soy/sesame seed-coated kale pieces evenly on the baking pan. Roast for 9 1/2 minutes. Remove from oven and turn kale with fork (kale will be limp). Return to oven for 2 minutes and then remove and turn with fork again.

This next part depends on the number of kale bunches (batches) you are roasting.

If you are roasting one bunch -

Turn off the oven and return the kale (still a little limp...) to the oven. Wait until oven is cool and your kale chips should be done.

if you are roasting two bunches -

Remove roasted kale from baking pan and place in large paper-towel-lined bowl. Return to 1 (above) for each bunch of kale.

After you are done with the initial roasting process you will have a large bowl of **almost**-roasted kale. Turn off the oven and place all of the **almost**-roasted kale back into the parchment-lined baking sheet at an even depth. Turn the almost completely roasted kale with a fork. Place the baking pan back in the cooling oven and wait until the oven is cool. The chips should be perfect. You can store the chips for several days, but I'll bet you can't.