

## Baked Kale Chips

<http://userealbutter.com/2011/04/17/baked-kale-chips-recipe/>

*it's all [White On Rice Couple's](#) fault!*

1 lb. fresh kale

1-2 tbsps olive oil (or less)

1/2 – 1 tsp salt (or less)

Preheat oven to 350°F. Trim the kale leaves from the tough stems. Wash the leaves and shake them dry (try to get rid of as much excess water as you can). Rip the leaves into bite-sized pieces. In a large bowl, toss the leaves together with some olive oil and salt until evenly coated. Start with a tablespoon of olive oil and add more as needed. You don't really need a whole lot, to be honest. Line a baking sheet with parchment and arrange the kale leaves in a single layer. Bake for 15 minutes (you can turn them after 10 minutes, but I don't bother). Remove from oven and eat!