

Crispy Kale

*From Margaret Fitzpatrick and **In Our Grandmothers' Kitchens***

Ingredients:

1 medium bunch kale

1-1/2 tablespoons olive oil

salt to taste (maybe start with 1/2 to 3/4 teaspoon and sprinkle on a bit more at the end if it's needed; I tend to over salt things so I'm wary here)

Instructions:

Preheat the oven to 275 degrees. Wash and dry the kale thoroughly; then take out the ribs, and tear the leaves into pieces. (I aim for about 3 pieces per half leaf.)

In a bowl combine the oil and the salt. Toss the kale pieces in this mixture.

Place the lightly oiled kale pieces in a single layer on a baking sheet (or two if necessary).

Bake until the kale gets dark and crispy (about 20 minutes), turning the kale pieces after 10 minutes.

Serves 4.