

This “Kale crisp” recipe has been one of our most popular recipes. Spinach & Swiss chard are also delicious in this recipe. My daughters love it too! They would eat the whole lot if given the opportunity! Yeah, for greens!

Kale Crisps

grand prize winner--of this year's Food for Thought recipe contest

1 bunch kale (or other green), cleaned and dried in a cotton towel
about 2 tablespoons olive oil
salt
cayenne pepper (optional)

Heat oven to 425°F . Cut stems from the kale stalks (can save stem for another use, like a stir-fry or a quick nibble). Tear leaves into 2- to 3-inch-size pieces place them in a large bowl. Drizzle in the olive oil then toss kale with your hands until all of it is lightly covered with the oil. Spread kale out on one or two large baking sheets. Don't pile them up; keep them in one layer. Sprinkle with salt to taste. Sprinkle lightly with cayenne pepper (if you want it spicy). Bake until kale is nice and crispy, 10-20 minutes depending on how much moisture is in your kale. Check the crisps frequently as they can go from crisp to burned fairly quickly-- especially if you're starting with fairly thin kale. (You will hear it hissing and popping while it is cooking. Don't worry; this is normal.) Remove from oven, transfer kale crisps to a bowl, and enjoy.

Also good with parmesan shavings sprinkled on top!