

KALE CHIPS WITH LEMON ZEST AND FLAKE SALT

These kale chips only take minutes to make and are a great snack. Make them up for a midday boost, to replace popcorn while you watch a movie, or for a snack pack for a trip to the zoo or a picnic. I could eat an entire bunch of them on my own, not that the girls let me do that.

Ingredients.

1 bunch of kale
extra virgin olive oil
flake salt
freshly ground black pepper
squeeze of fresh lemon juice
zest of 1/2 lemon

Directions.

Preheat the oven to 400 degrees. Wash and thoroughly dry the kale. Strip it from the stalk into large pieces. Spread into a single layer on a baking sheet. Drizzle with olive oil and toss until each piece is lightly coated. Sprinkle with a *tiny* bit of salt, and a few turns of fresh pepper. Bake, tossing every few minutes, until kale has crisped up and the edges are a bit brown, about 15-20 minutes.

Remove from oven and transfer to a platter. Sprinkle with lemon zest, a bit more flake salt, and a little squeeze of lemon juice. Enjoy immediately.

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