

BoomersKnowHow.com Kale Chips

Betcha Can't Stop At One!

- 1) Preheat oven to 350 degrees.
- 2) Wash 5-6 large curly kale stems, drain and pat completely dry.
- 3) Tear the kale leaves in chip size pieces away from the tough center stem. (Stems are tough and chewy—not good. Also, we prefer mature kale over baby kale leaves for chips.)
- 4) Place the raw chips on a cookie sheet covered in parchment paper. Don't be too fussy about positioning; just place the chips on the sheet in a single layer.
- 5) Lightly mist the leaves with your favorite oil. We use coconut oil applied with an oil spray bottle.
- 6) Now comes the fun part—adding delicious herbs and spices. **Feel free to try any herb and spice combination you like.** We take a bit of a shortcut by using two zero-calorie spice blends:
 - a) Trader Joe's 21 Seasoning Salute—you guessed it, this seasoning mix contains 21 healthy herbs and spices. Don't be bashful, there is no added salt, so hit it hard. (Substitute: Use your favorite selections from whatever herbs and spices you have handy.)
 - b) Chef Paul Prudhomme's Herbal Pizza and Pasta Magic—a healthy blend of herbs, spices, with a touch of grated parmesan cheese. This one packs a punch! Apply a little or a lot; you determine how spicy you want your chips. (Substitute: Any spicy seasoning mix you have on hand, and see (d) below.)
 - c) Himalayan Sea Salt – apply lightly; a little goes a long way. (Substitute: Any type of sea salt.)
 - d) As an occasional treat, or maybe to introduce kale chips to a first-timer, add a bit more grated parmesan cheese.
- 7) Bake the chips for ten minutes rotating the cookie sheet at the halfway mark. After ten minutes, check the chips in the middle of the sheet. If they are still limp, add an additional two minutes.

That's it. Cool and enjoy!

Until next time,

Eat kale, be healthy!

P.S. Since kale chips are so darn healthy, I think it's okay to enjoy them with a cold beer!

Detailed instructions plus photos available by visiting

<http://www.boomersknowhow.com/dining/kale-chips-betcha-cant-stop-one/>