

Sea Salt and Vinegar Kale Chips

4 servings

1 bunch Kale, curly leaf

2 Tb apple cider vinegar (may need more)

1 Tb olive oil

½ tsp coarse sea salt, more or less to taste

- Preheat oven to 350
- Wash and dry kale thoroughly. Make sure kale is COMPLETELY dry.
- Tear kale from the stem into bite size pieces.
- Place into a bowl and drizzle with the vinegar
- Toss kale to get the leaves coated in vinegar. If you like a strong vinegar taste add more.
- Place the kale in a single layer on a piece of parchment paper or tray.
- Let the vinegar air dry onto the kale about 10 minutes.
- Place the kale back into a bowl and toss with olive oil and 1/4 teaspoon of salt in a large bowl. Then use your hands to toss and massage the kale for 1-2 minutes until it is soft and slightly darker.
- Place the kale on a cookie sheet in a single layer.
- Sprinkle with remaining salt.
- Bake for 5 minutes. Check the kale and turn if needed.
- Bake for another 5 minutes.
- Remove the kale chips that are already crisp so they don't burn. The larger Kale chips will more than likely need more cooking time. If so, place them back into the oven and check on them every minute. It should only take 1 or two minutes for the larger ones to crisp up.
- When done kale should be crispy and only slightly browned around the edges.
- Serve immediately or store in a sealed container for 5 days.