Salt and Vinegar Kale Chips
From – The Cleaner Plate Club

6-8 stems of kale
2 Tbsp olive oil
2 tsp balsamic vinegar
kosher salt

• Preheat oven to 350F
• Wash the kale, dry thoroughly, and tear into bite-sized pieces.
• Toss in a large bowl with the olive oil and balsamic vinegar. Rub the leaves to make sure each gets a coating of oil.
• Oil a baking sheet.
• Place the kale in a single layer on the baking sheet.
• Sprinkle with salt to taste.
• Bake for about 6 minutes, then stir and turn the kale.
• Bake for another 6 – 9 minutes.
• Remove crisp pieces as they get done to prevent burning and to allow the remaining kale chips to get even heat.

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