

# 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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