

# Starters, Sides, and Complements

## Crispy Kale Chips

*\*Gluten-Free, Vegan*

This makes for a fun finger food and is a great choice if you are trying to satisfy a crunch.

### You'll Need

- 1 bunch of kale
- Approximately 1 to 2 tablespoons of olive oil (depending on the size of your bunch of kale)
- Finely ground sea salt

### Directions

- Preheat oven to 275°.
- Remove kale leaves from stems. Discard stems and wash leaves.
- Dry leaves well (a salad spinner does a good job).
- Toss dried leaves with olive oil to coat. Add a pinch of sea salt.
- Place on baking sheet.
- Bake for approximately ten minutes and then move leaves around on baking sheet and bake for another 10 to 12 minutes or until kale becomes crispy.



### Play with Your Food

- Add some crushed red pepper.
- Add some tarragon.
- Add a pinch of black pepper.

Medwell Kitchen Tested