

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Kale Chips

You can use two types of kale for kale chips. Lacinato kale (also known as Tuscan kale or dino kale) is blue-green, fairly flat, and looks almost leathery. Curly kale is pretty self-explanatory, with tight, ruffled leaves.

One bunch of kale
Extra virgin olive oil
Sea salt

1. Give the kale leaves a good rinse and lay them in a single layer on dish towels or paper towels. Roll them up and gently pat them until they're as dry as you can get them.
2. Using a paring knife or, kitchen scissors, cut the ribs out of the kale leaves and discard them (the ribs are very bitter). Then trim each leaf into approximately 2-inch sections.
3. Place the kale into a large bowl and drizzle with olive oil – use about a tablespoon per medium bunch. And toss gently, but thoroughly. You don't want to bruise the kale, but you want to make sure every single bit of every leaf gets coated. Curly kale, with all its ridges and valleys, might take a little extra effort.
4. Line a baking sheet/cookie sheet with parchment paper or a SILPAT mat and lay kale in a single layer on the mat. Sprinkle with a bit of coarse salt as desired.
5. Place the kale in a 300 degree Fahrenheit oven and cook for 8 – 12 minutes, depending on your variety of kale. I find that Lacinato kale gets crisp in about 8 minutes, while curly kale takes more like 11 minutes. But no matter your variety, check it early! As soon as the kale is rigid and crisp, remove it from the oven. It'll burn quickly.
6. Let cool for about 30 seconds or so, and then you can start snacking!

Flavor Variations: (simply mix in these additional ingredients when you toss the kale with the olive oil to change up the flavor)

Soy & Sesame: 2 tbsp soy sauce + 1 1/2 tbsp sesame seeds

Salt & Vinegar: 1 quarter cup sherry vinegar + 2 tsp fine salt

Lime & Chili: Juice of 1 lime + 1 tsp lime zest + 2 tsp chili powder

Seasoned Lemon: 2 tbsp Annie's Naturals Lemon Chive Salad Dressing + juice of 1 lemon + 1 tsp black pepper

Balsamic Vinaigrette: 3 tbsp balsamic vinegar + 1 tbsp Dijon mustard + 2 tsp Herbes de Provence

Roasted Garlic: 3 cloves garlic, finely chopped + 3 tsp garlic salt