“The Local Buy” Recipe, Episode 702

Kale Chips
*Courtesy of The Roving Radish*

*Ingredients*
- 1 bunch kale
- 1 tablespoon olive oil
- ¼ teaspoon salt

*Directions*
1. Position racks in upper third and center of oven. Preheat to 400°F.
2. With a knife or kitchen shears, carefully remove the kale leaves from the thick stems and tear into bite-size pieces. Wash and thoroughly dry kale with a salad spinner or towel.
3. Transfer kale to a large bowl. Drizzle the kale with olive oil and sprinkle with salt. Using your hands, massage the oil and salt onto the kale leaves to evenly coat. Fill 1 or 2 large rimmed baking sheets with a layer of kale, making sure the leaves don’t overlap. (If all the kale won’t fit, make the chips in batches.)
4. Bake until most leaves are crisp, switching the pans back to front and top to bottom halfway through, 8 to 12 minutes total. (If baking a batch on just one sheet, start checking after 8 minutes to prevent burning.)