



LOON ORGANICS

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Baked Kale Chips

1 bunch kale (Dino/Lacinato works best, but you can use any kind of kale)

1 Tablespoon olive oil

Sea salt, to taste

Preheat oven to 300°F. Rinse and dry the kale, then remove the stems and tough center ribs. Cut into large pieces, toss with olive oil in a bowl then sprinkle with salt. Arrange leaves in a single layer on a large baking sheet. Bake for 20 minutes, or until crisp. Place baking sheet on a rack to cool. Adapted from Smitten Kitchen:
<http://smittenkitchen.com/2010/03/baked-kale-chips/>