

Kocoa's Kitchen, Inc.

Creative Cuisine for Soul Nourishment

Kale Crisps

makes 2 servings

1 bunch kale
1 Tablespoon olive oil
1/16 teaspoon sea salt

Heat your oven to its lowest temperature – 170 to 180°F. Strip leaves from kale stems by pulling with your fingers from the bottom to top of each stem. Rinse and carefully dry the leaves. Place them in a large bowl. Rub olive oil into the kale thoroughly until all parts of the kale are coated.

Distribute leaves on a baking sheet. Sprinkle with salt & granulated garlic. Bake until the kale turns darker and crisp about 2 hours and 15 minutes.

You can bake the crisps faster. Turn oven on to 375°F and bake kale leaves for 15-20 minutes. Eat this version hot or warm, but eat straight from the oven. When baked at higher temperatures, the light and crispy chips turn tough and chewy.

You can also use different seasoning blends to flavor the chips. Blends I use from “The Spice House” are: Pilsen, Za’Atar, Garam Marsala, King Creole, Trinidad Lemon, Japanese Seven and Sweet Curry!

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