

# BONBON BREAK'S KITCHEN

## Easy Kale Chips Recipe

### Ingredients:

- A bunch of kale
- Olive oil

### Directions:

- Preheat oven to 325 and place a baking sheet covered with foil inside.
- Grab a bunch of kale.
- Place in a colander, clean, rip into 2" pieces and rinse.
- Pour 1/4 cup of extra virgin olive oil over the top.
- Toss the kale in the colander to ensure it is covered with EVOO.
- Using an oven mitt, grab hot baking sheet out of the oven. Pour kale out of the colander onto the baking sheet and separate.
- Bake for 35 minutes. Keep an eye on it around 25 minutes. Cooking times will vary based on ovens, the moisture level of kale, etc.
- Remove from oven and sprinkle with kosher salt.

Enjoy!

Once you have mastered the basic version, try these. You won't be disappointed!

### Other kale chip variations:

**Cheesy:** Add grated parmesan with the EVOO (OMG! So good!)

**Salt and Vinegar:** add sea salt and red wine or malt vinegar

**Salt and Pepper:** add salt and pepper \*\*\*insert eye roll\*\*\*

**Spicy:** add red pepper flakes or add Siracha to the EVOO (Kapow!)

**Our Fave:** Add Liquid Aminos or Soy Sauce with EVOO