

Krispy Kale

By

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Ingredients:

1 bag of organic kale (I buy this at Publix)

1 T. Olive oil

[Celtic sea salt](#)

1. Preheat oven to 350. You could go as low as 300; it just depends on how much time you have to cook or what else you may have in the oven. I usually do this when I have a lamb roast or a whole chicken in the oven.
2. Using a half sheet pan, spread coconut oil or olive oil on pan.
3. If washing kale is needed, do so and dry well.
4. Put several handfuls of well-dried kale onto half sheet pan and mix it with your hands into the oil, folding over the kale until lightly coated. Don't pile up or put kale pieces too close together. Inspect the kale as you are turning it over for any bad pieces, i.e., some mold or brown places.
5. Shake on salt.
6. Put into the oven for 7-8 minutes and check for doneness. (Since olive oil has a lower burn temperature than coconut oil, the kale tends to brown faster with the olive oil).
7. If there are pieces that are dark, take them out of the oven and put onto a plate. Much of the kale should be really shrunken at this point.
8. Take a spatula and turn kale over and return to oven until done to your preference for crispy.

If left on the half sheet pan while plating up, kale will stay crispy. If there is any left, put the cooled kale into a paper or cellophane bag and store at room temperature. I can't vouch for longer than a day, but it will stay crispy for that long. You can also crisp back up in a toaster oven. It can be put into a dry pan to re-crisp, but you have to watch it closely to avoid burning.

