Quick, Easy Kale Chips

Ingredients
1 bunch kale
Olive oil, drizzled
Salt and pepper, to taste

Directions
1. Preheat oven to 250 degrees Fahrenheit.
2. Strip the leaves off the stems and place in a medium to large-sized mixing bowl. You strip the leaves by grasping the stem with one hand and with your other hand grabbing onto the leaves near your stem-holding hand. Then, pull your leaf-holding hand along the stem away from your stem-holding hand to strip off the leaves. You can tear these apart into bite-sized pieces. However, keep in mind that they shrink after baking.
3. Lightly drizzle leaves with olive oil so that after stirring, all leaves are shimmering (not soaking) and sprinkle with salt and pepper, to taste.
4. Place on a baking sheet in a single layer and bake for about 27-30 minutes. Often the flat kale variety cooks more quickly than the curly variety, especially after washing before preparing the chips.
5. Remove from oven, serve and enjoy!

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