

SOY & SESAME KALE CHIPS

Preheat oven 300 F.

Remove ribs from one head of kale. Break the large leaves into quarters (3-4 inches).

Toss in a bowl with:

1 1/2 tablespoons olive oil

1 tablespoon soy sauce

Roast on rimmed baking sheets for 13 minutes, then turn pan.

Sprinkle with sesame seeds and bake 5-7 minutes more (until leaves are crisp but not brown).
Stir half way through cooking.

If not crisp enough, return pan to oven for 5 or more minutes.