

KALE CHIPS

These are a hit with everyone, even your vegan friends! There are lots of variations on the web – this is my favorite version.

DIRECTIONS:

Remove stems from a bunch of fresh black kale (curly leaves, also called Lacinato). Break leaves into large pieces, about 2 inch pieces, removing main stem that runs along the center of the leaf.

Place in a large bowl with enough room to toss leaves. Drizzle 1 to 1 1/2 tablespoons melted bacon grease, melted coconut oil or extra virgin olive oil over leaves and toss so leaves are well coated.

Sprinkle generously with seasoning. I use a garlic product called Garlic Gold Nuggets and either freshly grated hard cheese (Parmesan or Romano) OR a vegan parmesan product. Might need to also add some salt. Someday I'll try a soy sauce/teriyaki seasoning. Toss well.

Place on a cookie sheet and into the oven at a low setting such as 150 - 200 degrees. Toss every 20 minutes or so as they can stick to the sheet. Cook until crisp - never timed it, maybe a couple of hours - I make them when I'll be home for an afternoon. They will look very greasy until done and cooled off.

Place in an open bowl and watch them disappear!