

KALE OR COLLARD CHIPS by Marcy Freeman

Large bunch of Kale

Paper towels

Oil of your choice: e.g. olive or toasted sesame

Seasonings of your choice: e.g. curry



1. Wash Kale. Put on paper towels to dry for 1/2 hour.
2. Remove center stem. Break up the leaves into salad sized pieces.
3. Put in a large bowl and mix in 2 Tbl. of oil to coat the Kale.
4. Sprinkle salt and or seasonings to taste.
5. Place on a flat dish and put in microwave. Zap 2 minutes at a time. The pieces will look like wilted. Fluff between zaps.
6. After 8-9 minutes the Kale pieces will be crisp and ready to eat. Collards take a bit longer.



Place in micro.



After 4 min.



After 6 min.



Finished chips.