

# Kale Chips



I hope you all had a great weekend...and I am sooooo glad to be back. We had a family (from my husband's side) vacation which was a cruise from NY to a couple of cities in Canada. As you may know family vacation can be pretty difficult but somehow we all managed and survived...the nice thing about this kind of trip is that you get to really know them...good or bad depending of where you stand.

Before the "family cruise" we spent the weekend in NY, and it was great...we visited Times Square and surrounding area, Central Park, got to eat at various nice restaurants and saw the Book of Mormon on Broadway. Another fun thing was that I was able to meet up with one of my friend from Brazil that I have not seen for more than 25 years and just recently we found each other on Facebook...so there was a lot to catch up and share old memories.

Anyway, I am back to my routine and today I want to share some healthy stuff.

I have been wanted to make this kale chips for a while after seeing so many versions on TV and internet. There are no secrets, they are very easy and simple to make, you just have to be careful not to over roast since they can burn easily. I keep the chips in a jar for a handful of healthy snack.

***Ingredients:***

2 bunch of kale

Olive oil

Sea salt

Pepper





***Method:***

Wash the kale and let them dry. Break the leaves into approximately 1 ½ in size section. Place in a big bowl, sprinkle with olive oil, salt and pepper. Gently toss them and spread to a silicone mat. Do not over layer the leaves. Roast in a pre-heated oven for 5 minutes at 350F, flip the kale and let it roast for another 2 minutes. Turn the oven to 325F for another 5 minutes. Turn the oven off and keep the trays in for another 10 minutes.

Remove the trays and let the chips cool completely before storing in an air tight container.



*And now my new gadget...*



For the longest time I was intending to get a juicer, but what really pushed me to move faster was after reading Belinda's post at Zomppa and now I am practically addicted to it, cannot leave home before having a glass of fresh vegetable/fruit juice. It is so energizing!





Did you know that kale is one of the most nutritious vegetable known? In Brazil kale is finely chopped, stir-fried and paired with feijoada, which is the Brazil's national dish.

***Thank you for stopping by Simple Recipes!***