

Oven-Roasted Kale

3 ingredients · 25 minutes · 2 servings



Directions

1. Preheat oven to 375 degrees F. Line a baking pan with foil or parchment paper.
2. In a large bowl, toss kale with olive oil and salt. Add to the baking pan. The kale does not need to be in a single layer.
3. Bake for 15 to 20 minutes, stirring every 5 minutes or until edges are crispy.
4. Remove from oven, plate and enjoy!

Notes

No Kale

Use collard greens instead.

Likes it Spicy

Sprinkle kale with black pepper and/or red pepper flakes after you remove it from the oven.

Ingredients

8 cups	Kale Leaves (roughly chopped)
1 tbsp	Extra Virgin Olive Oil
1/4 tsp	Sea Salt (or more to taste)