

# Food *for* Thought

## Kale Chips

One large head of kale  
A Small bowl of olive oil  
Iodized sea salt

Preheat oven to 425 degrees. Remove kale from stalk, leaving the greens in larger pieces. Place a little olive oil in a bowl, dip your fingers and rub a very light coating of oil over the kale.

Lay the kale on a baking sheet and bake for 5 minutes or until it starts to turn a bit brown. Keep an eye on it, it can burn quickly. Turn the kale over, add a little salt, or curry or cumin to taste, and bake with the other side up.

Remove and serve.

*Source: The Paleo Diet for Athletes*

