

ROASTED KALE

- Bunch of Kale
- Oil and Salt
- Garlic

Preheat oven to 375°/400°

Strip stems and thick spiny bits off kale

Wash and dry in salad spinner

Tear into pieces*

Toss in oil, salt & garlic

Spread Kale out on baking sheet

Roast for approximately 6 minutes - watch it carefully

Remove from oven and toss around

Roast for approximately 5-6 minutes more

N.B. If you don't have a convection oven, you will probably need to set oven higher. Depending on oven - it may take a longer time or a shorter time. It's all trial and error and experimentation!

May, 2006