

Kale Chips *meet* Sweet Potato Chips

the STUFF

kale
olive oil
sea salt
fresh ground black pepper

sweet potato
olive oil
cinnamon
chili powder
sea salt
fresh ground black pepper



what TO DO

wash the kale (really well), drain & dry
remove the leafy parts from the main vein
(I just ripped it with my hands)
toss in a bowl with enough olive oil to lightly coat the kale
add sea salt and fresh ground pepper (more salt than pepper) to taste

heat over to 350
cover a baking pan with parchment paper
(which I had none of so I used aluminum foil, it worked just fine)
bake for 10 mins.
(until crispy but not burnt)

skin the sweet potato & slice thin
toss in a bowl with a coating of olive oil
add cinnamon, a little chili powder, sea salt, fresh ground pepper to taste
raise oven temperature to 450
bake on parchment (or aluminum foil)
bake for about 20 mins.

introduce the kale chips to the sweet potato chips
they just work so well together ... yum!