

Kale Chips in the Microwave

Oscar · 28/09/2024

**Prep Time**

20 mins

Difficult

Easy

Servings

4

Description

This is such a quick and easy way to enjoy a healthy snack

Ingredients

- - 1 bunch flat-leaf kale - ribs trimmed away and discarded and leaves cut into 2-inch pieces - 1 tablespoon olive oil
- or to taste - sea salt to taste

Instructions

1. Arrange kale pieces on microwave-safe plates so they do not overlap. Drizzle olive oil over the kale pieces; season with sea salt. Cook each plateful of kale in microwave oven until crispy
2. 2 to 2 1/2 minutes per batch.