



The Wholeness Chef

Roasted Spicy Kale

*Kale is a superfood that we all should be eating more of. My **Spicy Roasted Kale** will allow you to do just that. It's quick and easy to prepare, and by roasting kale, some of the bitterness is removed, which makes it agreeable to children and adults alike. My kids love them. They call them "garden crackers", so we hope you enjoy them as much as we do!*

– Dr. Mary Rondeau | The Wholeness Chef, inspiration from Chef Vanessa Alexander

Ingredients:

2 bunches of Organic Kale (any variety)
3 Tbsp Organic Extra Virgin Olive Oil or Avocado Oil
1/2 Tsp Redmond Real, Celtic, or Himalayan Salt or more to taste
1/4 Tsp freshly ground Black Pepper
Pinch of Aleppo Chili powder, Cayenne Pepper or Crushed Red Chili Pepper Flakes (optional)

Directions:

1. Preheat oven to 375° Fahrenheit.
2. Separate kale leaves from stems by either tearing the leaves or using a knife.
3. Cut leaves into bite-sized pieces.
4. Transfer leaves to salad spinner and wash thoroughly.
5. Dry well and transfer to a baking sheet.
6. Add olive oil, salt, pepper, and chili peppers.
7. Massage olive oil into kale leaves until coated well.
8. Bake for 12-15 minutes until edges are lightly browned and leaves slightly crispy.