

Kale Krisps

2 bunches kale, washed and dried
2 cup shredded Cheddar cheese

1. Preheat oven to 425 degrees F
2. Spray 2 baking sheets with cooking spray.
3. Remove the stems and ribs from the kale, and shred the kale very thinly. Spread the shredded kale onto the baking sheets, and sprinkle evenly with Cheddar cheese.
4. Bake the kale for 10 minutes, watching carefully to prevent burning, until the kale is crisp and the cheese is browned.

From <https://www.allrecipes.com/recipe/77710/kale-krisps/>

NOTES from COOKINGDUDE89, recipe contributor

1. An awesome snack for anytime, great before dinner.
2. Use grated Cheddar or Monterey Jack cheese.
3. If you like lots of cheese, you can use more.