

Crispy Sesame Kale

Baking kale for just 10 minutes with a little bit of oil turns it into the most wonderfully fun, crispy side dish. Curly kale works best here. Oh, kale, is there anything you can't stand up to? Greens in the oven. Who knew?! This would be especially nice as a base for some roasted veggies and baked tofu, or you could sprinkle a tiny bit of seasoned rice vinegar over the top and eat it as a simple salad. Despite the Asian flavors, I think it'd go great with mashed potatoes and gravy, too.



Crispy Sesame Kale

Makes 2 to 4 servings

- step 1** Preheat the oven to 375°F.
- step 2** Tear the kale into bite-size pieces, then spread it out evenly on a cookie sheet covered in foil. Drizzle oil on top, then scrunch kale with your fingers until the oil is evenly distributed over the greens. Sprinkle the sesame seeds and salt over the top.
- step 3** Bake in the oven for 10 minutes, until the leaves are crispy but still dark green. Serve.

1 head of kale, washed and deveined
1 tablespoon toasted sesame oil (the dark kind)
1 tablespoon sesame seeds
1 pinch to 1/8 teaspoon salt (I originally tried this with 1/4 teaspoon salt and it was way too salty. The kale will cook down in the oven, so you don't need as much salt as you might be tempted to add!)