

## Slow crisped Kale chips with Tandoori Masala



- 1 Bunch Tuscan Kale (You can use other kinds too)
- 1 tablespoon olive oil
- ½ teaspoon Sea salt or to taste
- ½ teaspoon sesame seeds
- 1 tablespoon fine cornmeal
- 1 teaspoon tandoori masala (See note below)

### Directions:

Wash kale and remove the tough stems. Tear in 2" pieces. Spin in a salad spinner to get rid of excess water. Pat dry with paper towel.

Drizzle oil and rub kale thoroughly so the oil coats every little bits of kale. Sprinkle sea salt, tandoori masala and cornmeal. Toss evenly.

Spread in single layer on parchment lined baking sheet. Sprinkle the sesame seeds. Bake for 20-25 minutes at 275°. Rotate the baking sheet halfway to bake evenly. Cool for a few minutes. Ready to eat. Makes a delicious topping for soups or salads too.

Note: Very important not to overlap a lot of kale when spreading on the baking sheet to avoid soggy chips. The crisping time will depend on the oven type. The key is slow crisping at lower temperature.

Tandoori Masala is available at any Indian or specialty grocery shop or to buy MasalaSocial artisanal blend, contact [info@masalasocial.com](mailto:info@masalasocial.com). Price: \$15.00