

Roasty Toasty Kale - From www.GritandGlimmer.com

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Yesterday's kale post opened my eyes to the bountiful Kale Love that exists in the world. I was so happy that I spent the day in a sundress skipping through overexposed kale fields with white light wrapping around me, singing kale songs.

Then I came home and found two sweet recommendations.

The Hen Waller (a great blog by friend, talented designer, and chicken expert Patrick) came out swinging with a link (via Twitter – follow me, it's fun!) to this fantastic Savory Bread Pudding with Winter Greens recipe.

The recipe called for roasting the kale, which got me thinking...

Cue to long-time blog reader Michael (aka MtMann) dropping his favorite roasting method into the comments.

That was the tipping point. I had to try it. I literally walked away from the computer straight into the kitchen and starting cutting my kale into strips. The result? Unreal. Really. I don't know how else to put it.

A little crispy. Nice and light. An excellent earthy, roasted flavor.

I shot off a string of photos and then ate the whole batch. Here's how I did it:

1. Cut kale into very narrow strips (almost shredded).
2. Toss with 1tbsp olive oil to coat.
3. Spread evenly over a baking sheet and put into an oven that it pre-heated to 375.
4. After about 5 minutes (keep your eye on them, they'll begin to wilt a little) remove, turn all the greens over and return to oven.
5. Roast for another 5-7 minutes just until it starts to get a little crispy.
6. Toss with sea salt (I used my favorite Oak-Smoked Chardonnay Sea-Salt because I am all about the sea-salt trend, yo)
7. Enjoy!

Super easy, stupid-simple and seriously savory. This is going to become a regular snack around here for sure.

As scary-good as kale is for your health, you should give it a shot, too. You may even be able to convert some non-believers.