

Crispy Roasted Kale

Serves 6

This is the craziest vegetable dish! All you need to do is remove the little ribs from the curly kale (which you can do early in the day), toss the leaves with olive oil, salt and pepper, and throw it in the oven. Fifteen minutes later you have a delicious crispy vegetable that's so good for you!

2 bunches curly kale (about 2 ½ pounds)
¼ cup good olive oil
Kosher salt and freshly ground black pepper
Fleur de sel

Preheat the oven to 350 degrees. Arrange 3 oven racks evenly spaced in the oven.

Lay each kale leaf on a board and, with a small sharp knife, cut out the hard stem. Tear large leaves in half. Place the kale in a large bowl of water and wash it well. Drain the kale and dry it in a salad spinner. Dry the bowl, and put the kale back in the bowl.

Toss the kale with the olive oil, 1 tsp kosher salt, and ½ teaspoon pepper. Divide the kale among 3 sheet pans or roast them in batches. If you put too much kale on one pan, it will steam rather than roast and will never become crisp. Roast for 15 minutes, until crisp. Sprinkle with fleur de sel and serve hot.

*Credit: **Barefoot Contessa: Foolproof***