

Kale Chips with Almond Butter and Miso

"We have a friend who has an entire garden bed dedicated to kale that we get to use for these chips," We usually make them in a dehydrator, but the oven method works as well.

INGREDIENTS

1/2 c. almond butter
1/4 c. warm water
1/4 c. chopped onion
3 tbsp. extra-virgin olive oil
2 clove garlic
1 tbsp. white miso
1 tbsp. nutritional yeast (see Note)
1 tbsp. chopped fresh oregano
1 tbsp. chopped fresh thyme
2 tsp. cider vinegar
2 tsp. tamari
1/4 tsp. turmeric
1/4 tsp. crushed red pepper
1 1/2 lb. curly kale
Sea salt

DIRECTIONS

Preheat the oven to 200 degrees F and position 3 racks spaced evenly apart. In a blender or food processor, puree all of the ingredients except the kale and salt.

Grease 3 large rimmed baking sheets with olive oil and divide the kale leaves among them. Drizzle the almond-butter mixture over the kale and rub each leaf to season evenly. Arrange the kale on the sheets in an even layer and season with salt. Bake for about 1 hour and 40 minutes, until the leaves are crisp. Switch the pans a few times during baking and rearrange to help them cook evenly. Let cool, then carefully lift the kale chips off the baking sheets with a spatula and serve.