

# “WA”

## Cooking

“Wa” means “harmony” and “balance” in Japanese and also signifies “Japan”. In this cooking corner, Chopsticks NY introduces Japanese dishes that are harmonious with our everyday life in the U.S. Each month we share one recipe alternating between Sweets, Savory and Fusion categories. This month, we share an easy recipe of Japanese style kale chips. If you always buy store bought kale chips, it's time to try to make them at home!



Recipe created by  
Misako Sassa

### Savory

Sweets

Fusion

## Sesame Kale Chips



Cooking kale chips at home allows you the freedom to choose whatever flavor you like. This time, Misako Sensei chose sesame oil and roasted sesame, bringing a Japanese touch. Nutty sesame flavor and kale's touch of bitterness go great together, making it hard for you to stop eating them.

#### [Ingredients] (Serves 4)

- 1 bunch kale
- 2 tbsp sesame oil
- 1/4 cup sesame
- 1/2 tsp salt

#### Directions:

1. Preheat the oven to 300°F.
2. Remove stems from kale by running middle and index fingers along the stem. Rip the leaf into bite size pieces. Rinse and dry well.
3. Coat kale with sesame oil, salt and sesame seeds.
4. Spread seasoned kale in one layer on 2 large baking sheets lined with non-stick aluminum foil. (Be sure not to overlap them)
5. Bake for 15 minutes and turn the baking sheet and toss kale to ensure even baking. Bake another 5 minutes until slightly golden brown. (Watch closely to not burn them)
6. Take them out from the oven and let them cool.
7. Enjoy them fresh!



#### TIP

These healthy and delicious chips are best when fresh, but can be stored at room temperature covered for 2-3 days. Add some cayenne pepper or Japanese “shichimi” pepper for an extra kick.