

TAKE THE HEAT OUT OF THE KITCHEN

Get Outside With a Gas Grill!

Ever run out of propane mid-grilling, or light the coals only to squeeze out the last drop of lighter fluid? These problems can put the fire out on any grilling plans.

With a natural gas grill, you never have to worry about these glitches in your dinner plans. A natural gas grill is hooked up directly to your natural gas supply for your home, and gas is always available.

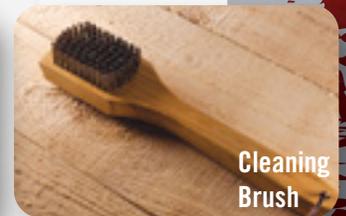
Natural gas grills eliminate the hassles of cleaning the ashes out of a charcoal grill or refilling a propane tank. They offer fast heating and the precision of natural gas cooking you enjoy indoors, with the smoky flavor associated with grilling.

Gas grills can take the energy load off of other parts of your house, too. By cooking outdoors when the weather is warm instead of firing up your oven, you're giving your air conditioner a break, too. That can translate to energy savings in more than one way.

Many homeowners and homebuilders choose to incorporate gas grills into backyard landscapes in outdoor kitchens. Natural gas grills should be installed and inspected by a licensed heating and air conditioning contractor. This makes outdoor cooking even more convenient and efficient.

Today's grills boast a multitude of features like side burners, warming racks and rotisseries. Cost ranges from \$150 to \$5,000, depending on materials, options and installation requirements. Gas grills are also available on carts or pedestals. Choose a quick-connect feature so that you can quickly and safely disconnect the grill when not in use if space is limited.

GRILLING TOOL MUST-HAVES



Now get outside and grill!

gas up the stove

Kale Chips

- 1/2 bunch kale leaves
- 1/2 tablespoon extra virgin olive oil or melted coconut oil
- 1 teaspoon garlic powder
- 3/4 teaspoon chili powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon fine grain sea salt
- 1/8 teaspoon cayenne pepper (optional)

Preheat oven to 300 degrees. Line a large, rimmed baking sheet with parchment paper. Remove leaves from the stems of the kale and roughly tear it up into large pieces. Compost the stems (or freeze for smoothies). Wash and spin the leaves until thoroughly dry.

Add kale leaves into a large bowl. Massage in the oil until all the nooks and crannies are coated in oil. Now sprinkle on the spices/seasonings and toss to combine.

Spread out the kale onto the prepared baking sheet into a single layer, being sure not to overcrowd the kale.

Bake for 10 minutes, rotate the pan, and bake for another 12–15 minutes until the kale begins to firm up. The kale will look shrunken, but this is normal. I bake for 25 minutes total in my oven.

Cool the kale on the sheet for 3 minutes before digging in! This really makes all the difference! Enjoy immediately as they lose their crispiness with time.

Repeat this process for the other half of the bunch.

Note: Feel free to make these in a dehydrator if you have one.



Enjoy these as a healthy alternative to potato chips.

Send us your recipes!
The best entry each month will appear in the Gazette and receive a FREE cookbook.

Send recipe, name, address to:

Walton Gas; Attn: Recipe
P.O. Box 260
Monroe, GA 30655
or gazette@waltonemc.com

Submitted by Jean Richardson of Lilburn. Featured recipes are not independently tested, so we must depend on the accuracy of the cooks sending them. Always use safe food handling, preparation and cooking procedures from the recognized experts.



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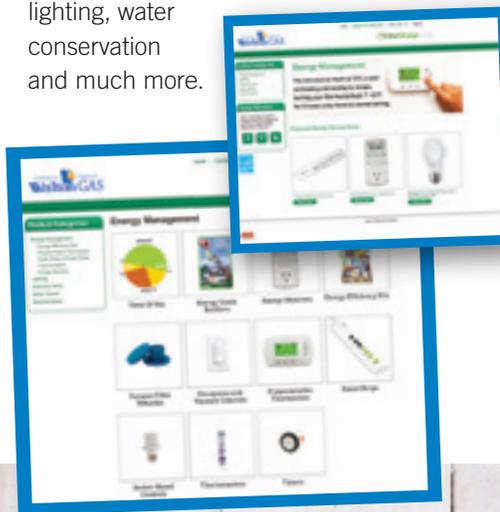
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