

Kale Chips

Ingredients:

- 1 pound fresh kale
- 2 tablespoons olive oil
- 1/2 teaspoon seasonings, such as parmesan cheese, garlic powder, or salt

Directions:

1. Preheat oven to 400 degrees F.
2. Wash kale and dry with paper towels.
3. Make sure kale leaves are completely dry before baking since extra moisture prevents the kale from getting crispy.
4. Remove stems and tear leaves into small, bite-sized pieces.
5. Spread pieces on a rimmed baking sheet and drizzle with olive oil. Toss until well coated and spread evenly on baking sheet so that no pieces are overlapping.
6. Sprinkle with seasoning.
7. Bake for 10 minutes or until crisp.

Yield: 6 (Serving Size: 1 cup)

Each serving provides:

Calories: 70

Total Fat: 5 g

Saturated Fat: .5 g

Cholesterol: 0 mg

Sodium: 220 mgs (is using salt)

