

Baked Kale Chips

these simply delicious kale chips are a fantastic weekend snack or appetizer at your next party.

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Ingredients

- large bunch of fresh kale
- 1 tbs. olive oil
- 1 tsp salt

Instructions

1. preheat oven to 300 F.
2. wash the kale and dry thoroughly (very important step to make the crispiest kale chips)
3. cut the ribs out of the middle of the kale
4. roughly break the remaining leaves into large and small sizes, throw into large bowl
5. toss with olive oil
6. sprinkle salt
7. arrange in single layer on large baking sheet
- 8.
9. bake 20-30 minutes turning kale every 10 minutes
10. serve warm

Nutrition Information

Serving size: 1/2 batch Calories: 85 Fat: 7 Carbohydrates: 4 Fiber: 1 Protein: 1

Recipe by MyRD Nutritionist at <http://myrdn.com/baked-kale-chips/>

