

Kale Chips



Servings: 3

*1 bunch kale
olive oil spray
salt*

Pre-heat oven to 350°F.

Wash and rinse the kale and then de-stem the leaves with a small knife.

Tear the leaves into small bite-sized pieces.

Place the kale in an even single layer on a baking tray lined with parchment paper. Spray the kale lightly with olive oil and sprinkle with salt.

Bake the kale for 10-15 minutes or until the kale is dry and crisp.

Serve

Per Serving (excluding unknown items): 2 Calories; trace Fat (31.4% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 4mg Sodium; trace Total Sugars; 0mcg Vitamin D; 18mg Calcium; trace Iron; 24mg Potassium; 4mg Phosphorus. Exchanges: .