



Kale Chips

Looking for a salty crunch, kale chips offer a nice alternative to potato chips and they are very, inexpensive and simple to make!

Prep Time: 5 min.

Cook Time: 15 min.

Ready In: 20 minutes

Serving Size: 6 servings

Ingredients

- ✓ 1 bunch kale
- ✓ 1 tablespoon olive oil
- ✓ 1 teaspoon salt (option tip: seasoned sea salt adds a nice flavor)

Directions

1. Preheat oven to 350 degree F (175 degrees C). Cover cooking sheet with alumina foil or parchment paper.
2. Remove the kale leaves from the thick stems with knife or kitchen shears, then tear into bite sized pieces. Be sure to wash kale thoroughly.
3. Add kale to medium sized bowl along with the olive oil and salt and mix well. Then spread kale on cookie sheet evenly spread out.
4. Bake at 350 degree (175 degrees C) until the edges brown but are not burnt, roughly 10-15 minutes. It is a good idea to watch this and test the chips, it easy to over or under cook.

Nutrition

Amount per serving

- ❖ Calories: 58
- ❖ Total Fat: 3 g
- ❖ Total Carbs: 8 g
- ❖ Protein: 2.5 g
- ❖ Cholesterol: 0 mg
- ❖ Sodium: 185 mg