



KALE CHIPS

Ingredients (yields 6 servings)

- 1 bunch kale
- 1 tablespoon olive oil (spray)
- Salt & pepper

Directions

1. Preheat an oven to 350 degrees F (175 degrees C). Line a non insulated cookie sheet with parchment paper.
2. With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and dry kale with a salad spinner. Spray kale with olive oil and sprinkle with salt & pepper.
3. Bake until the edges brown but are not burnt, 10 to 15 minutes.

Nutritional Information

Calories: 58

Fat: 2.8gm

Source: Allrecipes.com