



CRISPY KALE *Chips*

Prep Time: 15 Minutes | Cook Time: 15 Minutes | Total Time: 30 Minutes
Yield: 4 Servings

INGREDIENTS

- 1 head of kale
- 1 tbsp olive oil
- salt and pepper to taste

DIRECTIONS

1. Preheat oven to 300° F
2. Remove leaves from stems with knife or kitchen scissors
3. Cut or tear leaves into bite size pieces (about 1 inch)
4. Wash and dry kale with a salad spinner
5. Lay kale on baking sheet
6. Drizzle with olive oil, sea salt and garlic powder
7. Bake about 15 minutes or until crispy

**Calories 54; Total Fat 4g; Saturated Fat 1g; Protein 2g; Carbohydrate 4g;
Fiber 1g; Sugar 0g; Sodium 165mg**

