



Kale Chips



Prep time: 5 minutes Cook time: 15 minutes Number of Servings: 6

Ingredients

- 1 large bunch of kale
- 1 Tablespoon olive oil
- 1 teaspoon salt

Directions

1. Preheat oven to 400 degrees F.
2. Wash kale, remove stems, and tear into large pieces. Let kale dry or gently pat dry.
3. Mix oil and salt in a large bowl.
4. Toss kale in oil mixture until kale is evenly coated.
5. Spread kale onto a large baking sheet in a single layer. Bake in oven for 15 to 20 minutes, or until kale is lightly brown and crispy.

Nutrition Facts (Serving size 1/2 cup): Calories-60; Protein-3g; Carbohydrate-9g; Total Fat-3g; Saturated Fat-0g; Cholesterol-0mg; Fiber-2g; Sodium-430mg; Vitamin C-180%; Vitamin A-270%; Iron-8%; Calcium-10%

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