

Kale Chips

Ingredients:

- Kale
- Olive oil
- Sea salt or seasoned salt

Directions:

1. Take a bunch of Kale, wash and dry thoroughly, and tear into bite sized pieces, discarding thick stems.
2. Spread onto a cookie sheet, spray with olive oil, and sprinkle with sea salt or seasoned salt.
3. Bake at 350 10 to 15 minutes until crispy.

Recipe Source: found on Pinterest

Shared by: K.J. Mushovic

Registered Dietician Notes:

Calories: 43 g
Protein: 2 g
Carbohydrates: 6 g
Fat: 2 g

