

# Kale Chips

Serves 4

## Ingredients:

- 1 head kale
- 2 Tbsp vegetable oil
- 1/4 tsp salt

Tip: Kale leaves can be sandy. Get rid of sand easily by filling the sink with water, add kale and swish it around. Kale will float and sand will sink.

## Directions:

- Preheat oven to 300°F.
- Rinse and dry kale.
- Remove the center ribs and stems from each leaf.
- Tear the leaves into 3-4-inch pieces.
- In a large bowl toss kale with olive oil using your hands rubbing each piece of kale with the oil.
- Spread kale in single layer on 2 baking sheets lined with foil.
- Lightly sprinkle the kale with salt.
- Bake for 18-20 minutes.
- Remove from oven.
- Store in an air-tight container for up to 1 week.

*Nutrition Facts per 1/4 recipe serving:*  
90 calories; 7g fat; 6g carbohydrates; 3g protein;  
2g sugars; 0mg cholesterol; 170mg sodium.

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