

Kale Chips

Nutrition Facts:	
Yield	4 servings
Calories	67
Fat	4 g
Sodium	152 mg

Code
\$ Q DF V GF



Ingredients Needed:

10 1/2 ounces trimmed curly kale, torn into 2-inch pieces
1 tablespoon olive oil
1/4 teaspoon kosher salt

Recipe Directions:

- Preheat oven to 350°.
- Rinse kale; drain well, and pat dry with paper towels. Place in a large bowl.
- Drizzle with olive oil, and sprinkle with salt. Toss well. Place kale in a single layer on a baking sheet.
- Bake at 350° for 15 minutes. (Watch closely to prevent leaves from burning.)
- Cool completely. Store in an airtight container.