



CRISPY KALE CHIPS

Prep & Cook Time: 30 minutes

Kale chips rock!!! Sprinkle them with some unrefined salt, herbs and spices and they are a delicious substitute for crispy chips or fries.

Ingredients

- 1 head kale
- 1 tablespoon olive oil
- Sea salt, for sprinkling

Directions

Preheat the oven to 275 degrees F.

Remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry the kale with a salad spinner. In a big bowl, drizzle the kale with olive oil and sprinkle with salt. Mix well.

Place loosely in a single layer on a cookie sheet lined with parchment paper. Bake for about 15-20 minutes turning the leaves halfway through. Bake until the edges just turn a bit brown, but not burnt.

Enjoy!

Variations: Try some different spices and herbs: onion or garlic powder, chili powder, cayenne, smoked paprika, oregano, lemon pepper, sesame seeds, rosemary garlic oil, parmesan, asiago

Nutritional Value of Select Ingredients

Kale – As a member of the cruciferous family, kale is an excellent anti-cancer vegetable. It contains many phytochemicals and high amounts of vitamin C. Ounce for ounce, it contains more calcium than milk, and is more easily absorbed and more bioavailable.