

Baked Kale Chips

Ingredients:

1 bunch kale

1 TBSP oil

1 teaspoon salt

Directions:

1. Preheat oven to 350 degrees. Line a non insulated cookie sheet with parchment paper.
2. With a knife carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale. Drizzle kale with olive oil and sprinkle with salt.
3. Bake until the edges are brown, but are NOT burnt (10 to 15 minutes).