

kale chips

SERVES 4

COOK TIME: 10-12 minutes

1 bunch kale

1 Tbsp olive oil

Salt and pepper, to taste

Optional Seasonings: cumin, red pepper flakes,
lemon juice, garlic, etc

PREHEAT oven to 375°F.

WASH and thoroughly dry kale.

REMOVE stems.

CHOP or tear kale leaves into bite-sized pieces.

TOSS with olive oil, salt and pepper and any other seasonings of choice, if desired.

LINE a baking sheet with parchment paper.

PLACE seasoned kale in an even layer on the baking sheet.

BAKE 10-12 minutes or until crisp.

SERVE immediately.

MAKE IT A MEAL: Serve with protein and nutrient dense carbohydrate of choice.

