

## Kale Chips

Makes 4 servings

### Ingredients

1 bunch of kale, washed and dried thoroughly, stems removed  
1 Tbsp olive oil  
Salt and pepper, to taste

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

### Directions

1. Preheat oven to 350°F.
2. Wash and thoroughly dry kale, removing the stems. Chop or tear kale leaves into bite-sized pieces.
3. Toss with olive oil, salt and pepper until coated. You can use other seasonings depending on your taste preferences such as cumin or red pepper flakes.
4. Line a baking sheet with aluminum foil. Place seasoned kale in an even layer on baking sheet.
5. Bake 10-12 minutes, or until crisp, turning halfway through.
6. Serve immediately.



**Nutrition Information per Serving:** Calories 70, Fat 4g, Saturated Fat 0.5g, Cholesterol 0mg, Sodium 320mg, Carbohydrates 6g, Fiber 3g, Protein 3g