

Crispy kale chips

Serves: 6



Ingredients

1 bunch kale

1 teaspoon olive oil

1 teaspoon salt

Shredded Parmesan, optional

Preparation

Line a cookie sheet with parchment paper. Preheat oven to 375°F.

With a knife or kitchen shears, carefully remove kale leaves from the thick stems. Tear into bite size pieces. Wash kale thoroughly, dry and spread on cookie sheet.

Drizzle with olive oil and sprinkle with seasoned salt.

Add shredded Parmesan, if desired.

Bake until the edges brown but are not burnt, 10 - 15 minutes.

Nutrition

Per serving: 50 calories; 1g total fat; 8g carbohydrates (1.5g fiber)



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