

## CRISPY BAKED KALE CHIPS

Courtesy of Linda Arpino, RDN,CDN

Serves 6 portions

1 bunch kale  
1 tablespoon olive oil  
½ teaspoon salt (optional)

Preheat the oven to 350F.

Rinse leaves with water to clean. Drain and pat dry with a towel to remove water. De-stem the kale leaves and tear them into smaller, 2-inch pieces. Toss kale with olive oil and lay flat in a single layer on a baking sheet. Optional: Sprinkle with salt.

Bake for 10-15 minutes, turning at least once, until the edges are browned and crispy, but not burnt. Watch carefully! Remove from oven and cool for one minute. Serve immediately.

*Even if you don't like kale cooked, this is a great crunchy snack alternative to higher fat veggie or potato chips and has loads of beta carotene!!*

**Nutrition Facts:** 1 cup kale is rich in vitamin C, potassium, and vitamin A and only 31 calories!

