

Kale Chips

-Beloved crunch and salty bite of potato chips without the guilt-

Kale seems to be the latest queen of the greens. With such a nutritious complexity and crunchy consistency, it can be used and eaten in a variety of ways. You choose! Rather than searching your cupboard or snack cabinet for a salty treat head on over to the vegetable drawer in your refrigerator, you may be pleasantly surprised with what you can make and do with those leafy greens just laying there. They *will* serve a purpose!

Drep time: 5-10 minutes

Cook time: 12-15 minutes

Ingredients: 1 bunch of raw kale

1 tablespoon of olive oil

Seasonings of choice (salt, pepper, cinnamon)

Directions:

1. Preheat oven to 375 degrees.
2. Wash and dry kale.
3. Press the kale leaves between sheets of paper towel to dry.
4. Rip off center ribs. Using your hands, rip kale into roughly two-inch pieces. The kale will shrink in the oven, so make sure the pieces are not too small.
5. Toss kale in bowl with olive oil
6. Spread the leaves onto a parchment paper lined baking sheet. Sprinkle seasonings of choice. Be it sweet or savory.
7. Bake for 12-15 minutes until brown.
8. ENJOY!

Can be sweet or savory! Low calorie! Fun to make, even more fun to eat!

Reasonable: Bunch of kale around \$2.49-2.69

Olive Oil \$3.96, use some save the rest for other purposes.

Seasonings \$2.45- \$3.00, stock up on seasonings and use remainder for future recipes.

