

Crunchy Baked Kale Chips

Makes 2 servings

Preparation time: 30 minutes

Cooking time: 15 minutes

Nutrition Information Per Serving: (about 1/2 cup): 60 Calories, 3 g. Protein, 9 g. Carbohydrates, 2 g. Dietary Fibre, 0 g. Sugar, 3 g. Fat (0 g. Sat Fat), 0 mg. Cholesterol, 290 mg. Sodium

If you can't get your kid to eat another new green veggie, Make Crunchy Baked Kale Chips for crunchy snacks, and season them with your favourite flavors. It packed with fibre and an excellent source of calcium, iron, manganese, potassium and vitamins A, B6, C and K.

Ingredients

- 1 bunch fresh kale (about 8 cups, chopped)
- 1 Tbsp. of olive oil
- 1/2 tsp. of sea salt

Preparation

- Wash kale leaves. Cut leaves off of thick stem and thoroughly dry leaves in a salad spinner or by blotting with paper towels. Discard stems. Tear or cut leaves into bite sized pieces.
- Place in large-size bowl. Drizzle olive oil over kale and toss to coat well.
- Place kale leaves onto cookie sheet. Sprinkle with salt.
- Bake at 350 degrees F about 10-15 min until edges brown.
- Serve while hot.

