

Kale Chips



Servings: **6 (1/2 cup)**

TOTAL TIME



DIFFICULTY



VEGETARIAN



GLUTEN-FREE



DAIRY-FREE

Preparation

1. Preheat oven to 350 degrees F
2. Wash, remove stems, and tear kale into one inch pieces
3. Drizzle with olive oil and toss to coat with oil
4. Spread kale onto 2 baking sheets
5. Sprinkle with seasoning
6. Bake for 15-20 minutes

Nutrition Facts

Calories	70
Fat	4.5g
Saturated Fat	0.5g
Cholesterol	0mg
Carbohydrate	7g
Fiber	1g
Protein	2g

Ingredients

- **1 bunch** fresh kale (10-12 cups)
- **3 Tablespoons** extra-virgin olive oil
- **1/4 teaspoon** sea salt
- **Pinch** red pepper flakes (optional)

