CRISPY KALE CHIPS

INGREDIENTS
1 bunch kale (about 7 cups)
1 tablespoon olive oil
½ teaspoon garlic powder
Salt and pepper, to taste

PREPARATION
Wash kale thoroughly. Remove leaves off of the stems. Discard the stems. Thoroughly dry leaves with a salad spinner or by blotting with paper towels. Tear leaves into bite sized pieces. Place the kale leaves into a large bowl and mix with olive oil, garlic powder, salt, and pepper. Line a baking sheet with parchment paper and arrange the kale leaves in a single layer. Bake at 350°F for 12-15 minutes, or until the edges are crispy and brown. Serve immediately.

Nutritional Information: Per ½ cup serving: 60 calories; 3g total fat; 0g saturated fat; 9g carbohydrate; 2g fiber; 3g protein; 270% Vitamin A; 180% Vitamin C; 10% calcium; 8% iron.