

# CRISPY KALE CHIPS



Serves 6  
(½ cup servings)

## 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.



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