



Recipes

Savory Snacks

Kale Chips

Prep Time: 10 minutes

Cook Time: 10 minutes

Yield: 10 servings or more

Ingredients:

1 to 2 bunches kale

Olive oil

Directions:

1. Preheat oven to 425 degrees.
2. Remove kale from stalk, leaving the greens in large pieces.
3. Place a little olive oil in a bowl, dip your fingers and rub a very light coat of oil over the kale.
4. Place kale on baking sheet and bake for 5 minutes or until it starts to turn a bit brown. Keep an eye on it as it can burn quickly.
5. Turn the kale over and bake with the other side up. Remove and serve.

Notes:

- Try different kinds of kale or collard greens.
- For added flavor sprinkle with a little salt or spice, such as curry or cumin after rubbing on olive oil.