Kale Chips

Serves: 6
Prep: 5 minutes | Cook: 10 minutes

INGREDIENTS
- 1 bunch of kale, stems removed and chopped
- 1 1/2 tablespoons cooking oil
- Salt and pepper, to taste

DIRECTIONS
1. Preheat oven to 350°F.
2. Place kale on baking sheet. Drizzle with olive oil and sprinkle with salt and pepper.
3. Bake 10 to 15 minutes or until kale is crisp and golden.

Notes:
- Collard greens and swiss chard can be used instead of kale!
- Add extra seasonings like onion powder, garlic powder, chili powder, cumin, or parmesan cheese before baking for extra flavor.

Nutrition Information
Serving size: 1/6 of recipe
Calories: 63
Total fat: 4 g
Saturated fat: 1 g
Cholesterol: 0 mg
Sodium: 26 mg
Carbohydrates: 6 g
Fiber: 1 g
Sugars: 0 g
Protein: 3 g

Recipe source: Allrecipes

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