



# Kale Chips

Serving Size: 4

## Ingredients:

1 Bunch Kale  
1 Tbsp Olive Oil  
1 tsp Salt

Optional: Add 1 Tbsp minced garlic or  
1/2 tsp chili powder for more flavor.

Mince garlic:

1. Trim off root and stem and remove papery skin.
2. Chop garlic as finely as possible.

## Instructions:

1. Heat oven to 350°F.
2. Rinse kale thoroughly and dry completely.
3. Cut stem off and tear kale into bite-size pieces.
4. In a bowl, toss kale leaves with olive oil, salt and minced garlic.
5. Spread one layer of seasoned kale on a baking sheet, may need a few batches.
6. Bake until they are crisp and edges are brown, 10 to 12 minutes.
7. Remove and sprinkle with optional salt and chili powder.
8. Enjoy!