

Kale Chips

submitted by elm333



Per serving: 125 Calories • 11.7g Carbs (4.8g Fiber) • 8g Fat • 5.7g Protein

Ingredients

Ingredients scaled to: 2 serving

4 cup, chopped **Kale** (268 grams)

1 tbsp **Olive oil** (13.5 grams)

1/4 tsp **Salt** (1.5 grams)

Directions

Directions are based on the original recipe of 2 servings

1. Preheat oven to 350 degrees F.
2. Remove center ribs and stems from kale if present. Tear kale leaves into 3 to 4 inch pieces.
3. Toss kale leaves in olive oil and salt. Spread on baking sheet coated with cooking spray.
4. Bake for 12-15 minutes at 350 degrees F until browned around edges and crisp. Enjoy!