



Recipe for-

Easy Veggies: Kale Chips

Ingredients:

1 bag of fresh kale
1 tablespoon olive oil
sprinkle of salt

Preparation steps:

Preheat oven to 400 degrees.

Rinse fresh kale under running water & pat dry on paper towels. Remove the stem vein and discard. Cut kale into large chunks. Place on baking sheet.

Drizzle with 1 tablespoon olive oil & sprinkle lightly with salt. Toss lightly to cover the kale with a light coating of olive oil & salt mixture. Place on single layer on baking sheet.

Bake for 15 minutes or until kale chips are dry & crisp.

Kale chips make a family-friendly snack!