June 20- Kale Chips
Smart Snack
Link: http://allrecipes.com/recipe/176957/baked-kale-chips/

Recipe
Ingredients:
1 bunch kale
1 ½ Tablespoon olive oil

Directions:
1. Pre-heat oven to 350°F.
2. Line a cookie sheet with parchment paper (optional).
3. Wash and dry kale. With a knife or kitchen scissors, carefully remove the leaves from the thick stems. Tear into bite-size pieces.
4. Place kale pieces on cookie sheet.
5. Drizzle olive oil over kale and then sprinkle with seasonings of choice.
6. Bake 10 to 15 minutes or until kale is crisp and edges are brown but not burned.

Yield 6 servings