

Kale Chips

Prep time:

5 minutes

Cooking time:

10 minutes

Yields:

4 people

Ingredients:

1 bunch, kale

2 tablespoons olive oil

1 teaspoon salt

1 teaspoon black pepper

1 teaspoon garlic powder

1 teaspoon chili powder

Directions:

Wash kale under cold water and let dry. Pull kale leaves from stems and place in a mixing bowl. Add seasonings, and toss with oil to combine. Spray baking sheet and spread kale out evenly. Bake in oven ten minutes or until crispy.

Notes:

Be sure to spread kale out evenly or it won't all get crispy.