

## Recipe of the Week

February 5, 2018



### Baked Kale Chips

Nutritious. Low-calorie. Three ingredients. How much better can it get? Make these baked kale chips to curb your potato chip habit and feel good, too. Plus, they only take 20 minutes to make. Here's what you'll need and how to bake them.

#### Ingredients

- 1 bunch of kale
- 1 tablespoon olive oil
- 1 teaspoon seasoned salt

#### Directions

- Preheat oven to 350 degrees. Line a non-insulated cookie sheet with parchment paper.
- With a knife or kitchen shears, remove kale leaves from stems and tear into bite-size pieces. Wash and dry thoroughly.
- Drizzle kale with olive oil and sprinkle seasoning salt on. Then, put in oven.
- Bake until the edges are brown, but not burnt. Usually between 10-15 minutes.

Recipe adapted from All Recipes