

Kale Chips

Ingredients

Kale
Cracked red pepper
Garlic
Lemon juice
Olive oil



Directions

Pre-heat the oven to 375°F. While the oven is heating, pull chip-size pieces of kale from the stalk and place in a colander in the sink. Rinse well. Place in a Ziploc bag or sealable Tupperware. Per 4 loose handfuls of kale, add approximately ½ cup of olive oil, ¼ cup lemon juice, a sprinkle of cracked red pepper, and 2 cloves of garlic (minced). Shake the mixture together well. Lay the kale pieces out on an ungreased baking sheet—they can be close together, since they will shrink a bit when they cook. Once the oven is pre-heated, place the baking sheet in the oven. Watch closely—some will cook faster than others, especially if you have an older oven that doesn't cook as evenly. After the chips have become crispy and are no longer soft or soggy, but before they have turned brown or black, peel them off the baking sheet and place in a bowl. Let cool, and enjoy 😊

Serving Size: 1 cup, Calories = 150, Carbs = 6