

Nutrient Rich Dishes

Kale has been getting a lot of buzz over the last few years for its health benefits. These easy and quick kale “chips” will have you jumping on that band wagon too, if you haven’t already.

Crispy Kale Chips

Ingredients

1 head kale, washed and thoroughly dried
2 tablespoons olive oil
Sea salt, for sprinkling

Instructions

1. Preheat the oven to 275 degrees F.
2. Remove the ribs from the kale and cut into 1 1/2-inch pieces. Lay on a baking sheet and toss with the olive oil and salt. Bake until crisp, turning the leaves halfway through, about 20 minutes. Serve as finger food.

Source: <http://www.foodnetwork.com/recipes/melissa-darabian/crispy-kale-chips-recipe.html>

