Kale Chips

Kale chips make a great snack and are packed full of vitamins A and C to help keep your body healthy and strong.

Ingredients

- 1 bunch kale, washed and dried thoroughly
- 1 tablespoon olive oil
- Salt and pepper to taste (or your favorite seasoning salt blend)

Directions

1. Preheat oven to 300 degrees
2. Remove inner rib from kale and cut or tear into bite-sized pieces.
3. Combine in a large bowl with olive oil and seasoning, and stir well.
4. Bake for 15-20 minutes or until crisp, but not burned.