

Kale Chips



INGREDIENTS

- Kale
- Olive Oil
- Seasoning Salt

DIRECTIONS

1. Preheat an oven to 350 degrees F (175 degrees C). Line a non insulated cookie sheet with parchment paper.
2. With a knife or kitchen shears carefully remove the leaves from the stems and tear into bite size pieces.
Wash and thoroughly dry kale with a salad spinner or pat dry with paper towels. Toss kale with olive oil and sprinkle with seasoning salt in a large bowl.
3. Place kale on baking sheet one layer thick.
4. Bake until the edges brown but are not burnt, 10 to 15 minutes.

Subscribe to our youtube channel: [go.ncsu.edu/currituckceshealthy](https://www.youtube.com/channel/UCurrituckceshealthy)