

Kale Chips

1 kale bunch, organic*
1 Tbsp Extra Virgin Olive Oil
1 tsp Garlic Salt

Directions:

Set oven to Low Broil.**

Rinse kale thoroughly.

Remove leaves from stem and tear or cut into chip size pieces.

In a large bowl, toss with olive oil and garlic salt until evenly coated.

Place on a cookie sheet.

Broil for 2-4 minutes and then flip the leaves over.

Cook until leaves are crispy, usually 2-4 more minutes.

* recommended organic - it's a [Dirty Dozen](#) item

**You may also bake them at 350° for 8-12 minutes.

Prep & Cook Time: 15 minutes
Serves: 1-2



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