

Can't Stop Eating 'Em ... Kale Chips!



Try these tasty morsels and get a good dose of Vitamins A, C, folic acid, calcium and iron – a veritable powerhouse of good for you nutrients!

Choose richly colored, relatively small bunches of kale, avoiding any limp or yellowing leaves. Store in the coldest section of your refrigerator for no longer than 2 to 3 days. Remove the tough, center stalk before use.

1 bunch kale, torn into 1/2" pieces, center stalks removed
2-3 Tbs. regular olive oil
1 Tbs. apple cider vinegar
1-2 tsp. sea salt

- Preheat oven to 400° F. Line a large baking sheet with parchment paper.
- Whisk oil and vinegar in a small bowl. Add kale and toss thoroughly until kale is coated.
- Place kale on sheet in a single layer and sprinkle with salt.
- Bake for approximately 15 minutes until crispy.
- Chips are great for snacking, sprinkling on salads or as garnish for cooked fish fillets.