



Baked Kale Chips

INGREDIENTS

6 cups tightly packed kale leaves (from 1 bunch), center stems and any other thick ribs removed, each torn into several pieces

2 tablespoons olive oil

Kosher salt

DIRECTIONS

Preheat the oven to 300 degrees F. Place the kale in a 2-gallon resealable plastic bag. Add the oil and shake and massage the kale to coat each piece entirely. Season with salt and shake again.

Spread the kale in a single layer on 2 large baking sheets. Bake until the leaves become crispy, 22 to 26 minutes. If any leaves remain flexible (as opposed to a crisp crunch), return them to the oven for 2 minutes more. Allow to cool completely before transferring to a serving bowl or storage container.

Entire recipe is 300 calories.