

## Kale Chips

1 bunch kale  
1 tablespoon olive oil  
1 teaspoon seasoned salt

1. Preheat an oven to 350 degrees F (175 degrees C).
2. Line a non-insulated cookie sheet with parchment paper.
3. With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces.
4. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt.
5. Bake until the edges brown but are not burnt, 10 to 15 minutes. (From [www.allrecipes.com](http://www.allrecipes.com))

Nutrition Facts: 255 Calories, 20g Carbs, 16g Fat, 9g Protein, 1520mg Sodium