



Presents



Organic Kale Chips

Presented on June 21, 2014 by Anna Reuter

Ingredients:

- 1 bunch organic kale (dinosaur kale doesn't work very well.)
- 2 teaspoons oil such as olive or melted coconut oil
- 1/4 tsp salt (more or less to taste)
- 1/4 tsp garlic or onion powder if desired

Directions:

Wash greens and remove tough stems, tearing into chip size pieces. Kale: remove large stem running through center of each leaf. Dry then put in bowl. Drizzle oil and toss. Put on baking sheet and bake at 350° for 10 minutes. Don't have an oven? That's ok! Using a nonstick skillet such as a seasoned cast iron skillet, put prepared leaves in pan and cook over low heat for 10 minutes or until leaves seem crunchy.

At the store a small bag of non organic kale chips can be \$8.00! You can make more for a whole lot less!

Calories-38cal, Carbs - 2g, Fat - 2g, Protein - 1g, Sodium - 153mg, Sugar - 19g