Crunchy Baked Kale Chips

Ingredients:
- 1 bunch fresh kale (about 8 cups, chopped)
- 1 tablespoon oil
- 1/2 teaspoon salt

Directions:
1. Wash kale leaves.
2. Cut leaves off of thick stem and thoroughly dry leaves in a salad spinner or by blotting with paper towels. Discard stems.
3. Tear or cut leaves into bite-sized pieces. Place in large bowl.
4. Drizzle oil over kale and toss to lightly coat kale leaves.
5. Place kale leaves onto cookie sheet.
6. Sprinkle with salt.
7. Bake at 350 degrees until edges brown, about 10-15 minutes.
8. Serve while hot.

Tips:
- If making ahead of time, do not store the kale chips in an air-tight container. They can get soggy if stored for too long.

Servings: 6
Serving size: 1/2 cup

Nutrition information (per serving):
- Calories: 60
- Total Fat: 3g  (Saturated Fat: 0g)
- Cholesterol: 0 mg
- Dietary Fiber: 2g
- Sodium: 290mg

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