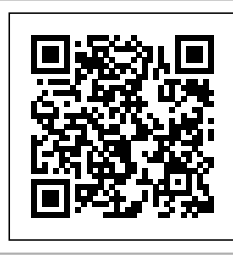


Kale Chips



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Recipe by: Laura Vitale

serves 4 to 6

Prep Time: minutes

Cook Time: minutes

Ingredients

__ 1 Bunch of Kale, cleaned, washed, dried
and cut into 1 ½ inch pieces

__ 2 Tbsp of Olive Oil

__ Salt and Pepper

1) Preheat the oven to 350 degrees,

2) Toss the kale with the olive oil and
spread them on baking sheets making sure
they are in one layer.

3) Bake them for about 20 minutes or until
crispy making sure to flip them around half
way though.

