

With a bit of salt and olive oil and a turn in the oven, you'll make this dark green leafy vegetable crisp, crunchy and as delicious as potato chips - just much healthier!

Ingredients:

- 1 bunch kale
- 1 tablespoon olive oil
- ½ teaspoon salt

Preparation:

Preheat the oven to 350° F. Rinse the kale leaves. Put them in a salad spinner and spin very well. After you remove it from the spinner, dry it even more with paper towels or a dish towel until the leaves are very dry.

Remove the stems and tough center ribs.

Cut into large pieces. Put the kale leaves in a large bowl. Drizzle 1 tablespoon of the olive oil over the kale. Massage the oil into the leaves. Sprinkle with salt. Arrange the kale chips onto a baking sheet and slide it into the oven.

Bake until the leaves are crisp to the touch, but still a dark green. (When they turn brown, they turn bitter.) Check them at about 12 minutes.

Yield: 4 to 6 servings

Nutritional Information Per Serving:

- Calories: 55
- Fat: 4 grams
- Carbohydrates: 5 grams
- Protein: 2 grams
- Sodium: 312 milligrams

