

# Baked Kale Chips



These are a low calorie nutritious snack. Like potato chips, you cannot stop at just eating one. They are great for parties and a good conversation topic.

**Prep:** 10 mins

**Cook:** 10 mins

**Total:** 20 mins

**Servings:** 6

**Yield:** 6 servings



## Ingredients

1 bunch kale

1 tablespoon olive oil

1 teaspoon seasoned salt

## Directions

### Step 1

Preheat an oven to 350 degrees F (175 degrees C). Line a non insulated cookie sheet with parchment paper.

### Step 2

With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt.

### Step 3

Bake until the edges brown but are not burnt, 10 to 15 minutes.

## Nutrition Facts

**Per Serving:** 58 calories; protein 2.5g; carbohydrates 7.6g; fat 2.8g; sodium 185.1mg.