

Kale Chips

Ingredients

- . 1 bunch kale
- . 1 tablespoon olive [oil](#)
- . 1 teaspoon seasoned [salt](#)

Directions

1. Preheat an oven to 350 degrees F (175 degrees C).
2. With a knife or by shredding, 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.
3. Bake until the edges brown but are not burnt, 10 to 15 minutes.
4. Enjoy!