

# Jane Maksoud RN and David Reich's MD

## Kale Chips

### Ingredients

Makes 4 servings

Per serving: 58 calories

Estimated Cost is \$1-2 per serving

1 bunch kale

1 Tbsp. extra virgin olive oil

### Preparation

Preheat oven to 300F. Line a large rimmed baking sheet with parchment paper.

Remove leaves from the stems of the kale and roughly tear it up into large pieces. Stems can be sliced up and saved for salads or smoothies. Wash and spin the leaves until thoroughly clean and dry.

Add kale leaves into a large bowl. Massage in the oil until all the nooks and crannies are coated in oil. Spread out the kale onto the prepared baking sheet into a single layer, being sure not to overcrowd the kale.

Bake for 10 minutes, rotate the pan, and bake for another 12-15 minutes more until the kale begins to firm up. The kale will look shrunken, but this is normal. Bake for 25 minutes total in the oven.

Cool the kale on the sheet for 3 minutes before digging in! Enjoy immediately!

***\*Health tip: Kale is rich in Vitamin A, K and C. Kale is also low in calories and high fiber (33 calories and 1-2 grams of dietary fiber per cup of raw kale)***