

KALE CHIPS

Recipe by Stanford Health Improvement Program

Ingredients

- 1 bunch of dinosaur kale
- 1 tablespoon olive oil
- A pinch of salt

Directions

1. Preheat oven to 350° F.
2. Line a non-insulated sheet with parchment paper.
3. Wash and thoroughly dry kale.
4. Remove the leaves from the thick stem and tear into bite size pieces.
5. Drizzle kale with olive oil and sprinkle with salt.
6. Bake until crisp, about 10 minutes.