

Kale Chips



Ingredients:

- 1 bunch of kale, washed and stemmed
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- Salt to taste

Directions:

1. Preheat oven to 375 F.
2. Shred kale into bite sized pieces. In a bowl, combine kale with olive oil and balsamic vinegar until lightly coated. Transfer to a lined cookie sheet and bake for 20-30 minutes, or until kale is crispy and lightly browned.

Makes 3 Servings



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