Baked Kale Chips
Serves 4

Ingredients
1 bunch (about 6 ounces) kale
2 tablespoon olive oil
Sea salt, to taste

Directions
1. Preheat oven to 300°F
2. Rinse and dry the kale, then remove the stems and tough center ribs. Cut into large pieces, toss with olive oil in a bowl then sprinkle lightly with salt.
3. Arrange leaves in a single layer on a large baking sheet
4. Bake for 20 minutes, or until crisp. Place baking sheet on a rack to cool.

Nutritional Information per 1 serving:
Calories: 51  Carbohydrates: 4g
Total Fat: 4g  Cholesterol: 0mg
Saturated Fat: 1g  Dietary Fiber: 1g
Protein: 1g  Sodium: 309mg