

Dr. Jenn's Baked Kale Chips

What you will need:

- 1 Bunch Kale
- 1 tbs. olive oil
- Seasoning salt

What to do:

- Preheat oven to 350 F. Line a non-insulated cookie sheet with parchment paper
- With a knife or kitchen shears carefully 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.
- Bake until the edges brown but are not burnt. 10 to 15 minutes.