



Easy Kale Chips

KALE is a super food. Eating kale is like putting a rain forest into your body. Kale has more nutrients for fewer calories than almost any other food. It has the highest amount of antioxidants of any vegetable. Kale is strongly anti-inflammatory, high in fiber, low cholesterol.

1 head of kale

2 Tb olive oil

1tsp salt

¼ tsp cayenne (optional if you like a little heat)

- Preheat oven to 425 degrees
- Wash kale dry thoroughly by spinning in a salad spinner or wrapping in a towel. Remove stems cut or tear into medium pieces
- Place a little olive oil in a bowl, dip your fingers and rub a very light coat of olive oil over the kale. Really rub so the entire leaf gets coated
- Sprinkle with salt and cayenne. Mix
- Place on a shallow baking sheet, no need to oil the pan
- Roast 4 minutes or until it starts to turn a tiny bit brown. Turn it over and roast with the other side up about 4 minutes more. Be careful it does not burn. They should be crispy.
- Serve immediately or put into a zip lock to take with you as a snack.

