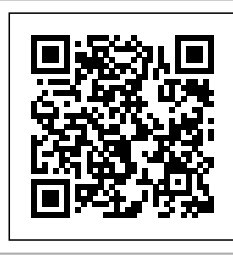


# Kale Chips



Scan Code To Watch  
Video!



Recipe by: Laura Vitale

serves 4 to 6

**Prep Time: minutes**

**Cook Time: minutes**

## Ingredients

\_\_ 1 Bunch of Kale, cleaned, washed, dried  
and cut into 1 ½ inch pieces

\_\_ 2 Tbsp of Olive Oil

\_\_ Salt and Pepper

1) Preheat the oven to 350 degrees,

2) Toss the kale with the olive oil and  
spread them on baking sheets making sure  
they are in one layer.

3) Bake them for about 20 minutes or until  
crispy making sure to flip them around half  
way though.

