



Baked Kale Chips



Entire recipe: 33 calories, 0.5g total fat (0g sat. fat), 179mg sodium, 6g carbs, 2.5g fiber, 1.5g sugars, 3g protein

Prep: 5 minutes **Cook:** 10 minutes



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Ingredients

3 cups fresh kale leaves
Olive oil nonstick spray
Dash salt, or more to taste

Directions

Preheat oven to 425 degrees. Spray a baking sheet with olive oil nonstick spray.

Place kale leaves on the sheet. Spritz with the nonstick spray, and sprinkle with salt.

Bake until crispy, 5 - 8 minutes.

MAKES 1 SERVING

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