

## Kale Chips

OK, these will never replace potato chips. But they're a fun way to get more greens into your diet!



My local Stop & Shop carries their own brand of bagged kale that has been washed and dried. Just remove any remaining ribs and toss the kale leaves in a little olive oil, salt and pepper. You could also add some grated parmesan or other spices of your choice, like curry powder or chili powder. Then spread the kale in a single layer on a parchment lined baking sheet and bake at 200 degrees for about 20 minutes or so, until fully dried and crispy. I know 200 degrees seems really low, but it's the best way to avoid black chips!

**All recipes are available to download from our website!**