

BBQ Kale Chips



Serves 4

Ingredients:

- 3 cups fresh kale
- 2 tablespoons extra virgin olive oil
- 1 teaspoon sea salt
- 1/2 teaspoon paprika
- 1/2 teaspoon granulated garlic

Instructions:

1. Pre-heat oven to 350°F.

2. Remove kale leaves from stalks and wash. Dry leaves well using a salad spinner or paper towels; get leaves as dry as possible.
3. In a large mixing bowl, combine kale and olive oil until leaves are well coated. Sprinkle with $\frac{1}{2}$ teaspoon of salt.
4. Place kale on a baking sheet lined with foil. Bake for 10 minutes.
5. Meanwhile, combine paprika, granulated garlic, and remaining salt in a small bowl.
6. Remove kale from the oven, sprinkle with salt mixture, and baked for an additional 2-5 minutes, or until edges are crispy.

Nutrition per serving: Calories 68; Total Fat 6.9 g; Saturated Fat 1.0 g; Monounsaturated Fat 4.9 g; Polyunsaturated Fat 0.8 g; Total Carbohydrates 1.5 g; Dietary Fiber 0.6 g; Sugar Alcohols 0.0 g; Sugars 0.3 g; Protein 0.6 g; Sodium 590 mg