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Baked Kale Chips

READY IN 20 mins

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Recipe by LucyDelRey
 "These are a low calorie nutritious snack. Like potato chips, you cannot stop at just eating one. They are great for parties and a good conversation topic."



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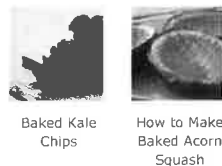
Ingredients Edit and Save

Original recipe makes 6 servings Change Servings

- 1 bunch kale
- 1 teaspoon seasoned salt
- 1 tablespoon olive oil

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Directions

- Preheat an oven to 350 degrees F (175 degrees C). Line a non insulated cookie sheet with parchment paper.
- With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt.
- Bake until the edges brown but are not burnt, 10 to 15 minutes.

Kitchen-Friendly View

PREP 10 mins
 COOK 10 mins
 READY IN 20 mins



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I am the poster of this recipe. Thank you all for such nice reviews. You can CUT CALORIES CONSIDERABLY by spraying them with a... —LucyDelRey

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