KALE CHIPS

Ingredients:
8 to 10 medium kale leaves (with stems)
¼ cup olive oil
1 tsp sesame seeds (optional)
Pinch of salt

Tip: be careful not to burn the kale chips. They should be bright green when ready. If you want a crispier texture increase the temperature slightly.

Instructions:

- Preheat the oven to 350 F.
- Rinse kale under warm water. Pat dry with a paper towel.
- Detach the kale leaves from each stem. Transfer the leaves into a clean bowl and discard of the stems.
- Coat the kale leaves with olive oil. Add salt and sesame seeds. Mix well.
- Transfer to a baking pan and bake in the oven for About 10 to 15 minutes.
- Enjoy as a snack or part of a meal.

Serves 2

Good to know

Have you been reading your nutrition labels lately? Pay close attention to the information given to you about the foods you choose to purchase. Nutrition labels provide details about various nutrients (fats, proteins, vitamins, minerals, etc.) as well as information about fibre and caloric intake. Make note of the serving sizes.