Baked Kale Chips

Ingredients
Approximately 1/2 bunch kale leaves
1/2 tablespoon extra virgin olive oil
1 teaspoon garlic powder
3/4 teaspoon chili powder
1/2 teaspoon onion powder
1/4 teaspoon salt
1/8 teaspoon cayenne pepper (optional)

Instructions
Preheat oven to 300F. Remove leaves from the stems of kale and roughly tear it up into large pieces. Wash and dry the leaves. Place the kale in a large bowl and toss to coat with oil. Sprinkle on the spices/seasonings and toss to combine.

Spread the kale onto the baking sheet in a single layer, being sure not to overcrowd the pan. Bake for 10 minutes, rotate the pan, and bake for another 12-15 minutes more until the kale begins to firm up (it will look shrunken). Cool the kale for 3 minutes before digging in!

Nutrition Facts
1 cup serving: 47 calories, 4g total fats, 3g Saturated fat, 0 Cholesterol, 14mg sodium, 4g carbohydrate, 1g fiber, 1g protein

Recipe Provided By: Oklahoma State University Extension