



Spicy Kale Chips

4 cups curly kale leaves, torn and stems removed
2 tablespoons olive oil
1/2 teaspoon salt
1/2 teaspoon chili powder and/or ground cumin

Preheat oven to 300 degrees F. Line two large baking sheets with parchment paper. Arrange kale in a single layer on prepared baking sheets, allowing space between the leaves. Brush with oil; sprinkle with chili powder and/or cumin. Bake for 20 to 25 minutes or until crisp. Cool for 30 minutes before serving. Makes 6 servings.

Nutrition information per serving: 63 calories, 2 grams protein, 5 grams carbohydrate, 5 grams fat, 217 mg sodium.