

Kale Chips – submitted by Faith Thompson

Great source of iron!

INGREDIENTS

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

DIRECTIONS

1. Preheat an oven to 350 degrees F (175 degrees C). Line a non-insulated cookie sheet with parchment paper.
2. 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.
3. Bake until the edges brown but are not burnt, 10 to 15 minutes.

Recipe courtesy of Wellness @ Work, www.uncwellnessatwork.org.