

Tasty Kale Chips

1 bunch kale, washed and patted dry
1 Tablespoon Olive oil
2 tsp sesame oil
2 tsp ground ginger
2 tsp sesame seeds
¼ tsp ground fresh pepper

Preheat oven to 400°F.

Place kale in large bowl with top. Add olive oil, sesame oil and ginger. Place top on bowl and shake so that kale is coated evenly with oil and ginger. Remove kale from bowl and place on baking sheet. Evenly spread sesame seeds over top kale. Bake for 6 minutes until slightly crunchy. Broil for 1 minute. Serve.

Enjoy with your favorite sandwich or as a healthy snack!

Serves 4. One serving=5 chips

Calories 90 Fat 6g Carbohydrate 7g Dietary Fiber 2g Protein 3g Sodium 30mg