

Baked Kale Chips

Ingredients:

- * 1 bunch Kale
- * 1 tbsp olive oil
- * 1 tsp seasoned salt
(1/2 tsp cajun seasoning, 1/2 tsp sea salt)



Directions:

Preheat oven to 350 degrees. Line a non insulated cookie sheet with parchment paper. 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. Bake until the edges brown but are not burnt, 10 to 15 minutes.

Kale is a great food if you're looking to protect your health and enjoy a delicious food at the same time. Its *organosulfur* compounds help lessen the occurrence of a variety of cancers.

