



**all foods nutrition**

*where all foods can be  
part of a healthy life*

## **Tuscan Kale Chips**

### **Ingredients**

- 12 large tall Tuscan kale leaves (aka dinosaur or lacinto kale)
- 2 tablespoon olive oil
- salt and pepper

### **Directions**

Preheat oven to 250°F. Toss kale with oil in large bowl. Sprinkle with salt and pepper to taste. Arrange leaves in single layer on 2 large baking sheets. Bake until crisp, about 30 minutes for flat leaves and up to 33 minutes for wrinkled leaves. Transfer leaves to rack to cool.

•Recipe from Epicurious.com <http://bit.ly/1iLcNxM>

