

Kale Chips with Lemon and Oregano



Licking Memorial Hospital | Culinary Services

Kale Chips with Lemon and Oregano (4 Servings)

Ingredients:

1 bunch kale (prepared and washed)
2 Tbsp olive oil

2 tsp lemon juice
1 to 4 tsp celtic sea salt

Directions:

1. Preheat oven to 350 degrees F.
2. Chop kale into 1/2 inch pieces.
3. Place kale in a large bowl.
4. With hands, massage the oil, lemon juice and salt into kale.
5. Place kale on parchment lined baking sheet.
6. Bake at 350 degrees F for 10 to 15 minutes until kale is dark green and crispy.
7. Cool and serve.