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| **Baked Kale Chips** |  |

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"These are a low calorie nutritious snack. Like potato chips, you cannot stop at just eating one. They are great for parties and a good conversation topic."

**Ingredients:**

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

**Directions:**

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| **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. |

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