



Kale Crunch

1 large bunch fresh kale (about 1 pound), washed, stemmed and chopped into small pieces

2 tsp olive or canola oil

2 to 3 Tbsp grated parmesan cheese, optional

1. Preheat oven to 350°F. Line a large baking pan with aluminum foil. Spread oil over foil.
2. Spread kale evenly on foil and place in oven.
3. Bake for 10 minutes. Remove from oven, stir kale around and sprinkle with cheese.
4. Return to oven and bake until kale is crisp, stirring occasionally, about 10 to 14 minutes. Note, kale will continue to shrink and crisp the longer it bakes. Watch closely to allow it to crisp without burning.
5. Remove from oven and let cool. Season with salt and pepper, if desired, and serve. Make 3 to 4 servings.

Nutrition Facts per serving

Total calories

Total fat

Total carbohydrate

Serving size: about 1 cup

63

3 g

7 g

Adapted from *Mollie Katzen's Vegetable Heaven*.

