

Crispy, Roasted Kale

| Food Item | F&V Servings | Low-Fat Dairy Servings | Whole Grains Servings | Lean Protein Servings | Sodium (mg) |
|-----------------------------------|--------------|------------------------|-----------------------|-----------------------|-------------|
| 1 serving Crispy, Roasted Kale | 1 | 0 | 0 | 0 | 200 |
| TOTAL: | 1 | 0 | 0 | 0 | 200 |

Serves: 8

1 serving = 2 ounces

Ingredients

- 1 lb. kale, rinsed and dried
- 3 tablespoons olive or canola oil
- 3 to 4 cloves garlic, minced
- 1/2 tsp. salt

Directions

1. Preheat oven to 500°F. Remove tough part of ribs from leaves and discard. Slice kale into strips.
2. Place kale in a large bowl. Add oil, garlic, and salt, then toss to coat leaves with the oil and seasonings.
3. Spread evenly on a large baking sheet.
4. Bake, stirring once or twice, until leaves are crispy but not burned (about 5 minutes).