

Baked Kale or Swiss Chard Chips



Plan Z Phase: This is a Z2 (ZReduction) recipe contributed by Plan Z dieter Lacy.

Baked Kale Chips are easy to make, and you can even try this with Swiss Chard. Super Easy! If you have a hankering for potato chips, try these! They are dark green but you'll be amazed how good they taste!

Servings: Serves 6

Ingredients:

- 1 Bunch of Kale, or Swiss Chard, washed (you can also use collard greens for this dish)
- Olive oil spray
- Grated sea salt
- Pepper to taste

Instructions:

Preheat your oven to 350 degrees.

Remove the stems. Also remove the rib that runs up the middle of

each leaf. Tear into pieces the size of potato chips. Wash and thoroughly dry the kale with a salad spinner. Lay them on an oven proof pan. Make sure they don't overlap or they won't get crispy. Lightly spritz with olive oil spray (on top only) and lightly grate with sea salt & pepper.

Bake for 10 – 15 minutes at 350 or until the edges just begin to brown. I like mine especially crispy so I leave them in about 13 minutes. The final time will depend on your oven so keep a close eye on them toward the end. They turn brown FAST. Serve warm right from the cookie sheet!

Serving Suggestions:

Makes a great snack or side. When on ZReduction, limit yourself to about 15 of them or the salt could cause a weight loss stall.

Enjoy!

Cheers,