



# Baked Parmesan Kale Chips

Shine **365**  
Marshfield Clinic

PREP TIME: 15 minutes • BAKE TIME: 15 minutes • SERVINGS: 6

## INGREDIENTS

- 1 bunch kale
- 1 teaspoon olive oil spray
- Sea salt or kosher salt
- ½ cup shredded Parmesan cheese

## INSTRUCTIONS

Preheat oven to 350°F. Lightly spray two large baking sheets with oil.

Wash and thoroughly dry kale. Remove the leaves from the thick stems and tear into bite sized pieces. Place on baking sheets, spray with olive oil and sprinkle with salt.

Bake about 10-12 minutes, turning and moving them around as they shrink to make sure they evenly crisp up.

Top with shredded Parmesan cheese, keeping a close eye on them, bake an additional 5-6 minutes until the edges are crisp but not burnt. Time will vary depending on your oven.

## NUTRITION INFORMATION

Each serving contains about 50 calories, 2.8 g fat, 3.4 g carbohydrates, 3.6 g protein, 1.1 g fiber, 126 mg salt (without added salt).