



Side/Snacks Recipes

Yummy Kale Chips

Ingredients:

- 3 cups kale
- 2 T olive oil
- ½ tsp salt



Directions:

1. Preheat oven to 350 degrees
2. Line large baking sheet with aluminum foil
3. Spread 3 cups kale on baking sheet
4. Drizzle with 2 T olive oil and sea salt
5. Bake for 15-18 minutes

Enjoy!

**Makes 2 servings

Nutrition Information:

Meal Plan Blocks:

1 serving: 137 calories, 2 grams protein, 3 grams carbs, 14 grams fat

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