



Baked Kale Chips

1 medium-sized bunch curly Kale
1 Tablespoon Olive Oil
1 Teaspoon Salt

Preheat oven to 350 degrees. Wash and thoroughly dry kale and remove tough center stems. Tear into bite sized pieces. Place on non-stick cookie sheet and drizzle with olive oil and then sprinkle with salt. Bake for 10-15 minutes until edges are brown but not burnt.

Tip: Kale may be sprayed with non-stick cooking spray instead of olive oil before baking if you are trying to save calories.

Hamburger Topping

For a tasty alternative to Ketchup or Mustard, try mixing a teaspoon or two of chopped basil in with a half cup of regular or low-fat mayonnaise or salad dressing.

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