

Kale Chips

Ingredients

1 Kale (bunch)
2 T Olive Oil
2 clv Garlic (sliced)
0 ds Salt
0 ds Ground Black Pepper
1/2 Lemon (juiced)

Instructions

Preheat oven to 425 degrees. Tear the leaves off the bunch of kale. Toss on a rimmed baking sheet with olive oil, garlic, salt, and pepper. Roast in oven until crisp, about 15 minutes, stirring halfway through. Squeeze lemon juice on top.