



Crispy Kale with Roasted Garlic

NIBBLEDISH CONTRIBUTOR

Ingredients

1/4 cup olive oil
2 cloves of garlic
1 bunch of kale
1 tsp sea salt

Instructions

This is a great, healthy snack!

Pre-heat the oven to 350 degrees and line a baking sheet with parchment paper.

Wash and dry the kale very thoroughly. If the kale is still wet, it will just get soggy. Cover the kale and garlic (with the skin still on) in the olive oil. Spread the kale out evenly and bake for about 12 minutes until crispy.

Remove the roasted garlic from the skin and mince. Sprinkle this and the salt over the kale evenly and enjoy!