

Krispy Toasted Kale

Serves 6

Try this fun way of serving this super nutritious vegetable!

- 1 bunch kale, washed, stems removed (approx 4 cup)
- 1 Tbsp olive oil
- ½ tsp sea salt
- 1 Tbsp nutritional yeast (optional)

Preheat oven to 400°F. Place kale into a large mixing bowl; drizzle with olive oil. Toss until evenly coated. Sprinkle with salt and toss again. Spread kale onto a baking sheet. Toast in preheated oven for 5 minutes. Stir the kale and continue to toast until edges become brown and crispy – approx 5-8 minutes. Adding nutritional yeast gives a sort of cheesy flavor. Serve immediately.

Chili Toasted Kale – For a spicy twist add ¾ Tbsp chili.



Interesting facts about kale:

- Kale has cholesterol lowering benefits, especially cooked versus raw kale.
- Kale provides support for the body's detoxification system. Recent research suggests the glucosinolates in kale may help regulate detoxification at a genetic level.
- Recently kale's benefit of lowering cancer risk has been extended to at least five different types of cancer, including bladder, breast, colon, ovary and prostate cancer.
- More than 45 different flavonoids have been identified in kale. Flavonoids help avoid chronic inflammation and oxidative stress.