

Kale Chips and Salsa

1 Bunch Kale
Salt
Pepper

10 oz. Can Rotel tomatoes
4 oz. Can Salsa Verde

Preheat oven to 400 degrees. Wash kale and pat dry. Cut or tear kale into pieces. Place on baking sheet lined with parchment paper. Sprinkle with salt and pepper. Put in oven heated for 10 minutes. While kale is cooking, blend tomatoes and salsa verde in either a blender or food processor. Spoon salsa onto kale.

Yield: 2 servings

Each serving contains approximately 73 calories

Tayler Havard

Harrison County

Senior - Fruit and Vegetable