**BeWell recipe of the month:**

**Toasted Kale Chips**

From the kitchen of Shannon Ramirez from the Office of Development

**Ingredients:**

- 1-2 tbsp. olive oil
- Salt and Pepper (to taste)
- 1 bunch of fresh kale (washed and patted dry between paper towels)

**Directions:**

1. Preheat oven to 350 degrees.
2. Pull apart of gently cut kale into smaller pieces.
3. Toss in bowl with olive oil, salt and pepper (coat kale well!)
4. Place kale pieces on baking sheet lined with parchment paper.
5. Bake for 15-20 minutes — watch carefully so kale does not burn. When they start to peel off the parchment paper, they’re nearly done!