

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Baked Lemon-Kale Chips

1 large bunch fresh kale

2 Tbls olive oil

Juice and zest of one lemon

1-2 teas real salt

Fresh ground black pepper to taste

One dash each cayenne, powdered sage, and powdered garlic



Preheat oven to 325 degrees. Trim thick stems out of kale. Chop remaining strips into bite size pieces. In a mixing bowl, stir together oil, lemon juice, zest and seasonings. Toss kale in mixture and marinate for at least 30 minutes. Spread out marinated kale in a single layer on a parchment lined baking sheet and bake for about 15 minutes, or until edges begin to brown. Let cool and store in an airtight container.

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