

KALE CHIPS WITH LEMON YOGURT DIP



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Ingredients

Yields: 4 servings

- 1 bunch curly kale, de-ribbed w/stems removed
- Olive oil spray
- Sea salt
- Pepper

For Dip:

- 1 c fat free Greek yogurt
- 1 tbsp lemon juice
- 2 tsp grated lemon peel
- Ground black pepper
- 1 garlic clove, minced
- 1 tsp extra virgin olive oil

Whisk dip ingredients together and allow to sit in refrigerator.

For Chips:

Preheat oven to 375. Toss kale with oil and garlic.
Spread out in single layer on parchment lined baking sheet(s).
Salt and pepper liberally.
Bake for 15 minutes.
Cool and serve with dip.