Mac & Chees with Kale Chips

Prep: 10 minutes  Cook: 20 minutes  Yields: 4 servings

3-4 stalks of kale
1 tablespoon oil
salt to taste
1 box mac & cheese

Optional
Other cooked vegetables (examples: red peppers, tomatoes, zucchini and mushrooms)
Hot pepper
Milk or cream

Chef’s Notes: Just use 1/2 of the packet of cheese from the mac & cheese to reduce sodium, a healthier choice. Kale chips can be enjoyed as a healthy snack as well!

1. Preheat the oven to 350° F.
2. Cut the leaves away from the thick stems and tear into bite size pieces. Rinse and toss in strainer to drain water, toss with 1 tablespoon olive or canola oil and a pinch of salt.
3. Spread evenly on a baking sheet, being careful not to let them overlap too much. Bake until the edges are slightly brown but not burnt, 10-15 min.
4. While kale chips are baking, follow directions on the box for mac & cheese, enjoy the kale chips as a side dish!