

# MAC & CHEESE WITH KALE CHIPS



**Prep:** 10 minutes

**Cook:** 20 minutes

**Yield:** 2 servings

3-4 stalks of kale  
1 tablespoon oil  
salt to taste  
1 box Mac & Cheese



1. Preheat the oven to 350 degrees.
2. Cut the leaves away from the thick stems & tear into bite size pieces Rinse and toss in strainer to drain water, toss with 1 tablespoon olive or canola oil & 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!

*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!

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