

Baked Kale Salad

Ingredients:

1 bunch of kale
1/2 red pepper cut into strips or chunks
2-4 cloves garlic (depending on how much garlic you like)
Parmesan cheese
olive oil
salt & pepper



Directions:

Preheat oven to 325 degrees.

Wash and de-stem kale and lay in a single layer in a large casserole dish. Lightly sprinkle with olive oil. You can use more kale as you like, but a single layer will be crispier. Add red peppers, Parmesan and garlic (minced or full cloves).

Cook 10-15 minutes until bright green and slightly crispy. Multiple layers will take longer. Serve with avocado, sea salt and pepper. Enjoy!