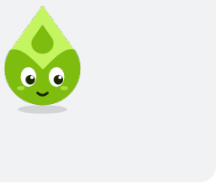
Snack, Asian

Garlicky Soy Roasted Kale

Tender kale leaves get tossed in a sweet garlic and soy mixture, then baked until the edges turn crisp. It works nicely as a savory snack or side.

20 min	50	6 g	1 g
time	calories	carbs	sugars



Vegetarian | Nut free

Ingredients, 6 servings

- [ ] 1 tbsp olive oil
- [ ] 1 tbsp lower sodium soy sauce
- [ ] 1 tbsp low-calorie brown sugar substitute
- [ ] 1 tsp garlic powder
- [ ] 1 (16-oz) package bagged chopped kale

Method

- [ ] 1 Preheat the oven to 350 degrees F and coat two large baking sheets well.
- [ ] 2 Whisk the olive oil, lower sodium soy sauce, low-calorie brown sugar substitute, and garlic powder together in a large bowl.
- [ ] 3 Toss the bagged chopped kale in the whisked mixture until every piece is coated, then spread it in a single layer across the two baking sheets, using a third baking sheet if the leaves would otherwise pile up.
- [ ] 4 Bake for 10 to 15 minutes, until the kale is crispy.

Nutrition Facts

Per serving

Calories	**50**
Total fat	3.5 g
Saturated fat	0 g
Sodium	135 mg
Total carbs	6 g
Fiber	3 g
Total sugars	1 g
Protein	4 g

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