

Crispy Kale with Creamy Herb Dip

(Makes four servings)

Ingredients:

- 8 ounces fresh kale
- 1 tablespoon olive oil
- ½ cup low fat cottage cheese
- 2 tablespoons skim milk
- 1 tablespoon garlic & herb salad dressing mix
- 1 tablespoon fresh lemon juice



Directions:

1. Heat the oven to 350 degrees.
2. Cut out the tough stems from kale; tear into bite-sized pieces. Wash the kale; place in salad spinner and spin all the water out; repeat spinning to ensure the kale is completely dry.
3. Place the kale in a large bowl. Drizzle with the oil tossing to coat the leaves in oil.
4. Arrange kale in a single layer on a baking sheet. Bake the kale for 10-15 minutes or just until the leaves are crisp.
5. Blend the cottage cheese, milk, salad dressing mix and lemon juice in a blender or food processor until almost smooth. Serve with kale chips.

Nutritional Analysis: *(per serving)*

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| ▪ Calories: 193 | ▪ Sodium: 480 mg |
| ▪ Fat: 5 g | ▪ Protein: 6 g |
| ▪ Saturated Fat: 1 g | ▪ Carbohydrate: 9 g |
| ▪ Cholesterol: 3 mg | ▪ Total Fiber: 1 g |

Source:

www.daisybrandhealth.com