

Zesty Garden Salsa with Kale Chips

HEART HEALTHY RECIPE

Serves 4

Kale Chips

Kale (The heartier, the better. If preferred, kale chips can be purchased at your local market.)

Pinch of kosher salt

Olive oil

Pre-heat your oven to 350°F. Wash and dry the kale in a salad spinner. Brush the kale leaves with the olive oil and sprinkle with a light touch of kosher salt. Place on a baking sheet and bake until edges are brown but not burnt, about 10-15 minutes. Cool to room temperature and serve.



Garden Salsa

1 cup tomato (¼ inch pieces, diced)
½ cup cucumber (¼ inch pieces, diced)
2 Tbsp. cilantro, chopped
Juice of 3 limes
½ cup red onion (¼ inch pieces, diced)
½ cup yellow bell pepper (¼ inch pieces, diced)
1 Jalapeño pepper, minced
1 tsp. garlic, minced
¼ cup red wine vinegar

Mix all the ingredients together in a medium-sized bowl; cover and chill in the refrigerator for 1 hour.
Lasts up to 3 days.

Enjoy!

Chef Jason

Nutrition Facts

Kale Chips

(For whole batch): **Calories: 203, Protein: 7g, Carbohydrates: 15g, Fiber: 3g, Total Fat: 15g, Saturated Fat: 2g, Sodium: 220mg**

Salsa

(For whole batch): **Calories: 147, Protein: 5g, Carbohydrates: 34g, Fiber: 5g, Total Fat: 1g, Saturated Fat: 0g, Sodium: 22mg**