



RECIPE:

Kale Chips

Number of Servings: 6

Ingredients:

- 1 bunch of kale
- 2 tsp. vegetable oil

Options: Seasonings that can be used on the chips include salt, pepper, onion powder, garlic powder, Parmesan cheese, taco seasoning, or any other flavors you like

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 200 degrees F. Lightly spray two large baking sheets with cooking spray.
3. Gently rub kale under cold running water, stems removed. Thoroughly dry kale using a salad spinner if available, or by patting with a paper towel.
4. Remove the leaves from the main thick stems (also called the rib) in the middle of the leaf using your hands or kitchen scissors. Tear the leaves into bite-size pieces.
5. Toss leaves with vegetable oil.
6. Place pieces on a single layer on a baking sheet. Bake for 20 minutes, remove baking sheet from oven, turn kale chips over.
7. Check after baking an additional 10 minutes to determine if evenly crisp. Continue baking if needed. Time may vary by oven, record times that work for you.
8. Let chips cool on a baking sheet. Transfer to a bowl and sprinkle on optional seasonings, if desired.
9. Store leftovers in a sealed container.

Nutrition Info:

Nutrition Facts

6 servings per container	
Serving size	1 cup
Amount per serving	
Calories	30
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 0mg	0%
Potassium 162mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.