



Crunchy Baked Kale Chips



Garden Enhanced Nutrition Education

Ingredients:

- 1 bunch fresh **kale** (about 8 cups, chopped)
- 1 tablespoon **oil**
- 1/2 teaspoon **salt**

Directions:

1. Wash kale leaves.
2. Cut leaves off of thick stem and thoroughly dry leaves in a salad spinner or by blotting with paper towels. Discard stems.
3. Tear or cut leaves into bite-sized pieces. Place in large bowl.
4. Drizzle oil over kale and toss to lightly coat kale leaves.
5. Place kale leaves onto cookie sheet.
6. Sprinkle with salt.
7. Bake at 350 degrees until edges brown, about 10-15 minutes.
8. Serve while hot.

Tips:

- ▶ If making ahead of time, do not store the kale chips in an air-tight container. They can get soggy if stored for too long.



Servings: 6
Serving size: 1/2 cup

Nutrition information (per serving):

Calories: 60
 Total Fat: 3g
 (Saturated Fat: 0g)
 Cholesterol: 0 mg
 Dietary Fiber: 2g
 Sodium: 290mg

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Source: Oregon State University Extension Service.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.

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