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Go Green for Spring!



Celebrate spring greens with these healthy and easy tips!

- Add fresh spinach to sandwiches or salads or even a smoothie.
- Have broccoli as a snack with dip or steam it for a side dish with cheese.
- Serve green grapes, apples, and kiwis with yogurt for a treat.



Enjoy a rainbow of veggies!

Mix them together and create a colorful plate at your meal. Here are some recipe ideas!

- Rainbow Tacos
- Colorful Veggie Stew
- Crunchy Baked Kale Chips (on page 2)

For more colorful recipes go to Foodhero.org

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Kids can...

- ★ Help wash and tear kale leaves for kale chips.
- ★ Search for green fruits and veggies at the store.
- ★ Choose what veggie to eat for dinner.



Don't forget - always **wash** your hands and your veggies!

Monthly Hero Checklist

- Have a rainbow snack with veggies.
- Eat a green fruit or veggie
- Make kale chips with the family.
- _____



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Oregon State UNIVERSITY **OSU** Extension Service



Crunchy Baked Kale Chips



Ingredients

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

Serving Size 1/2 cup
Yield 2 Servings
Prep time: 30 minutes
Cooking time: 15 minutes

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 coat well.
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.



Nutrition Facts

Serving Size 1/2 cup (92g)
 Servings Per Container 6

Amount Per Serving

Calories 60 **Calories from Fat 25**

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 290mg **12%**

Total Carbohydrate 9g **3%**

Dietary Fiber 2g **8%**

Sugars 0g

Protein 3g

Vitamin A 270% • Vitamin C 180%

Calcium 10% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | | Calories: 2,000 | 2,500 |
|--------------------|-----------|-----------------|---------|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4