



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

Notes:

- ▶ 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

Visit [FoodHero.org](https://www.foodhero.org) for easy, tasty recipes.



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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 Safe Net at 211. USDA is an equal opportunity provider and employer.

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