



RECIPE CARD

KALE CHIPS

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Kale chips are a surprising way to serve kale. They meet the craving for something salty and crunchy and are a lot healthier than potato chips or other similar snacks.

Ingredients

1 bunch **fresh kale**
(about 8 cups
prepared)
1 tablespoon **canola**
or olive oil
 $\frac{1}{2}$ teaspoon **salt**

Directions

1. Preheat oven to 350 degrees F.
2. Wash kale leaves.
3. Cut the leaves off the thick stem. Dry the leaves by wiping with paper towels or coffee filters. Discard the stems.
4. Tear or cut the kale into bite-sized pieces. Place in a large bowl.
5. Drizzle oil over the kale and toss to coat well.
6. Place the kale leaves onto baking sheet.
7. Sprinkle with salt.
8. Bake until edges brown (about 10-15 minutes).
9. Serve while hot.



*Recipe adapted from
University of Minnesota -
Real Life Good Food*