

Kale Chips

Ingredients:

- 1 bunch of Kale (or chard, spinach, or collards)
- 1 ½ tablespoons olive oil
- Optional seasonings, listed below.

Directions:

Preheat oven to 200 degrees F.

1. Line a cookie sheet with parchment paper (optional)
2. Wash and dry kale. With a knife or kitchen scissors, carefully remove the leaves from the thick stems. Tear into bite-size pieces.
3. Place kale pieces on cookie sheet.
4. Drizzle olive oil over kale and then sprinkle with seasonings of choice.
5. Bake 10 to 15 minutes or until kale is crisp and edges are brown but not burned.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	63	
Total Fat	4 g	6%
Protein	3 g	
Carbohydrates	6 g	2%
Dietary Fiber	1 g	4%
Saturated Fat	1 g	5%
Sodium	26 mg	1%

Notes:

Seasoning suggestions: salt, pepper, onion powder, garlic powder, chili powder, cumin, turmeric, and Parmesan cheese.

Serves 6

Recipe courtesy USDA What's Cooking? Mixing Bowl: Del Norte DHHS. University of Kentucky EFNEP.

<http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/kale-chips>



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