



Crunchy Baked Kale Chips

Serving Size: 1/2 cup

Yield: 6 servings

Ingredients:

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

Directions:

1. Wash kale leaves.
2. Cut leaves off of thick stem and thoroughly dry leaves in 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.



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Nutrition Facts: Calories, 60; Calories from fat, 25; Total fat, 3g; Saturated fat, 0g; Trans fat 0g; Cholesterol, 0mg; Sodium, 290mg; Total Carbohydrate, 9g; Fiber, 2g; Protein, 3 g; Vit. A, 270%; Vit. C, 180%; Calcium, 10%; Iron, 3%.

Source: Oregon State University Extension



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