



Crunchy Baked Kale Chips



Garden Enhanced Nutrition Education

Ingredients:

- 1 bunch fresh **kale** (about 8 cups, chopped)
- 1 Tablespoon **vegetable oil**
- ½ teaspoon **salt**

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees F.
3. Rinse kale under cool running water. Cut or strip away the thick stems from each leaf and dry leaves in a salad spinner or blot with a paper towel.
4. Tear or cut leaves into bite-sized pieces, place in a large bowl and drizzle with oil. Toss to coat well.
5. Place kale leaves on a baking sheet and sprinkle with salt.
6. Bake until edges of the kale are brown and crispy, about 10 to 15 minutes. Serve hot.

Notes:

- ▶ Kale chips are crispiest if eaten soon after they are made.
- ▶ Try adding garlic powder or pepper with the salt.



Servings: 6

Serving size: ½ 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.



**Oregon State University
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