

Crunchy Baked Kale Chips

Crispy and delicious, these chips are a great healthy alternative to traditional store-bought chips. They make a very tasty afternoon snack!

Makes: 6 servings
 Prep Time: 20 minutes
 Bake Time: 15 minutes

Source: foodhero.org

Ingredients

- 1 bunch fresh kale (about 8 cups, chopped)
- 1 Tablespoon canola or olive 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 coat well.
6. Place kale leaves onto baking sheet.
7. Sprinkle with salt.
8. Bake until edges brown. About 10-15 minutes.
9. Serve while hot.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size:	1/2 cup (92g)
Nutrients	Amount
Calories:	60
Total Fat:	3 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	290 mg
Total Carbohydrates:	8 g
Dietary Fiber:	2 g
Total Sugars:	0 g
Added Sugars:	0 g
Protein	4 g

Utensils Needed

- Cutting board and sharp knife
- Paper towels or salad spinner
- Large bowl
- Baking sheet

SHOPPING LIST

Average total cost without spices: \$4.46

Average cost/serving: \$.22

Recipe Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to cart
Fresh Kale 1 bunch



Add 1 to cart
Canola Oil

SAVE TIME, SAVE MONEY

My Cooking Notes

Leftover Tips

- Not sure what to do with extra kale? Check out snapedny.org. Here you will find great recipes such as:
 - Harvest Kale Apple Salad
 - Lentil Minestrone
 - Kale with Nuts and Raisins