



Kale Chips

strong bodies **healthy minds**

There's a snack attack happening at the barn and it all started in the garden! This recipe is fun, easy, and puts a healthy twist on chips, without sacrificing the crunch factor. We are using kale, which grows abundantly in our garden, to make these delicious and nutritious chips. Kale is loaded with vitamins A and C for a healthy immune system and eyes, too! Get ready to crunch into super tasty snack for the whole family.

Ingredients:

- 1 bunch kale (1 pound)
- 1 tablespoon olive oil
- ¼ teaspoon sea salt

Directions:

1. Preheat oven to 275° F.
2. Remove kale leaves from ribs and tear leaves into 2 inch pieces; place in large mixing bowl.
3. Add olive oil and sea salt and mix to coat.
4. Spread kale into an even layer on ungreased, rimmed baking sheets. Do not overcrowd baking sheets.
5. Bake kale for 8-10 minutes, flipping halfway through.
6. Repeat steps 4 and 5 until all kale chips are baked.
7. Remove from oven and allow to cool slightly before digging in!

Makes 12 servings (1 cup per serving).

Nutrition Facts per serving: 30 calories; 1.5g fat (0g sat fat, 1g mono, 0g trans fats); 0mg cholesterol; 4g carbohydrate (1g fiber, 0g sugar); 1g protein; 25mg sodium; 120% Daily Value (DV) vitamin A; 80% DV vitamin C; 6% DV calcium; 4% DV iron.