

# Kale Chips

## Ingredients

- 4 cups of kale, deribbed
- Cooking spray
- 1 Tbsp extra virgin olive oil
- $\frac{1}{4}$  tsp salt
- $\frac{1}{4}$  tsp black pepper

## Directions

1. Preheat oven to 350°F. Line metal baking tray with non-stick aluminum foil or spray regular aluminum foil with cooking spray.
2. Deribb the center vein of each kale leaf, then tear into 2 inch pieces.
3. In large bowl, mix together olive oil, salt, and black pepper. Add in torn kale, toss to coat.
4. Place kale on baking tray in single layer. Place in oven to bake for 10-12 minutes, turning halfway. Cook until edges are slightly brown. Watch carefully because the kale can blacken quickly.

## Handling & Storage

There are several different types of kale. They come in bunches that have small to medium leaves. Kale can be stored in a plastic bag for up to 5 days in the coldest part of the refrigerator.

Make sure to wash thoroughly before eating. Remove the stalk

and center vein by hand or with a knife. Depending on the recipe, chop or tear the leaves.

## **Nutritional Information**

**Calories:** 65

**Total Fat:** 3.6 g

**Saturated Fat:** 0.5 g

**Trans Fat:** 0.0 g

**Cholesterol:** 0 mg

**Sodium:** 176 mg

**Total Carbohydrates:** 7.1g

**Dietary Fiber:** 1.0 g

**Sugars:** 0 g

**Protein:** 2.0 g

*Serves: 4*