

# CRUNCHY BAKED KALE CHIPS

Source: [foodhero.org](http://foodhero.org)

Prep time: 20 minutes, Cooking time: 15 minutes, Makes: 3 cups

## 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.

Southern Tier SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program- SNAP. SNAP provides nutrition assistance to people with low income. To find out more, go to [www.myBenefits.ny.gov](http://www.myBenefits.ny.gov) or contact 1-800-342-3009. This institution is an equal opportunity provider.



## Nutrition Facts

Serving Size 1/2 cup (92g)  
Servings Per Container 6

Amount Per Serving

**Calories 60**      **Calories from Fat 25**

% Daily Value\*

**Total Fat 3g**      **5%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 290mg**      **12%**

**Total Carbohydrate 8g**      **3%**

Dietary Fiber 2g      **8%**

Sugars 0g

**Protein 4g**

Vitamin A 180%      •      Vitamin C 180%

Calcium 15%      •      Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:      2,000      2,500

Total Fat      Less than      65g      80g

Saturated Fat      Less than      20g      25g

Cholesterol      Less than      300mg      300mg

Sodium      Less than      2,400mg      2,400mg

Total Carbohydrate      300g      375g

Dietary Fiber      25g      30g

Calories per gram:

Fat 9      •      Carbohydrate 4      •      Protein 4

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