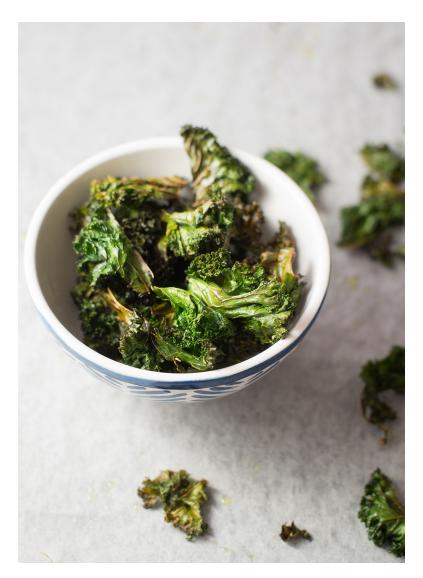


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Oven Baked Kale Chips

Makes 4 1-cup servings. Recipe adapted from Cooking Light.

Ingredients

10 1/2 ounces trimmed curly kale, torn into 2-inch pieces (about 14 cups)

1 tablespoon olive oil

1/4 teaspoon kosher salt

Nutritional info per serving

Calories:	67
Total fat:	4g
Cholesterol:	0mg
Sodium:	152mg
Total Carbs:	8g
Dietary Fiber:	2g
Protein:	3g

Directions

- 1. Preheat oven to 350°.
- 2. Rinse kale; drain well, and pat dry with paper towels.
- 3. Place in a large bowl. Drizzle with olive oil, and sprinkle with salt. Toss well. Place kale in a single layer on $3 (16 \times 13-inch)$ baking sheets.
- 4. Bake at 350° for 15 minutes. (Watch closely to prevent leaves from burning.) Cool completely. Store in an airtight container.