



175 South Street, Morristown, NJ 07960 | 1-800-WE VISIT | Fax: 973-538-1689 | vnannj.org



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 x 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.