



KALE CHIPS

MATERIALS:

Baking sheet
Sharp knife

INGREDIENTS:

4 cups bunch kale (or chard, spinach, or collards)
1 1/2 Tablespoons Oil

Optional Ingredients:

Seasonings such as salt, pepper, garlic powder, onion powder, chili powder, cumin or parmesan cheese.

Serves: 6

Recipe from: USDA

Find more recipes online at: www.gcfb.org/recipes_resources

DIRECTIONS:

1. Line a cookie sheet with parchment paper or spray lightly with cooking spray.
2. Wash and dry kale. With a knife or kitchen scissors, carefully remove the leaves from the thick stems. Tear into bite-size pieces.
3. Place kale pieces on cookie sheet.
4. Drizzle olive oil over kale and then sprinkle with seasonings of choice.
5. Bake 10 to 15 minutes or until kale is crisp and edges are brown but not burned.

Chef's Notes:

- Make sure kale is washed and thoroughly dried to ensure kale chips are crispy and not soggy.
- For the crispiest chips, massage oil onto the kale with your hands before baking.
- Change up the flavor by using any seasonings you like.