

Kale Chips

Nebraska Seasonal Produce Guide

6 Servings



EXTENSION

Health & Wellbeing



Ingredients

- 1 bunch of kale, gently rubbed under cold running water, stems removed
- 2 teaspoons vegetable oil

Instructions

1. Wash hands with soap and water.
2. Preheat oven to 200°F. Lightly spray two large baking sheets with cooking spray.
3. Gently rub kale under cold running water, stems removed. Thoroughly dry kale using a salad spinner if available, or by patting with a paper towel.
4. Remove the leaves from the main thick stem (also called the rib) in the middle of the leaf using your hands or kitchen scissors. Tear the leaves into bite-size pieces.
5. Toss leaves with vegetable oil.
6. Place pieces on a single layer on a baking sheet. Bake for 20 minutes, remove baking sheets from oven, turn kale chips over.
7. Check after baking an additional 10 minutes to determine if they are evenly crisp. Continue baking if needed. The time may vary with your oven. Record the times that work for you.
8. Let chips cool on a baking sheet. Then transfer to a bowl and sprinkle on seasonings*, if desired.
9. Store leftovers in a sealed container.

*Seasonings that can be used include salt, pepper, onion powder, garlic powder, Parmesan cheese, taco seasoning, or any other flavors you like.

Nutrition Information per Serving (1 cup): Calories 30, Total Fat 2g, Saturated Fat 0g, Cholesterol 0mg, Sodium 15mg, Total Carbohydrates 3g, Fiber 1g, Total Sugars 1g, includes 0g Added Sugars, Protein 1g, Vitamin D 0%, Calcium 4%, Iron 0%, Potassium 4%



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