

# Kale Chips



**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

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**Serves:** 6

**Prep:** 5 minutes | **Cook:** 10 minutes

## INGREDIENTS

- 1 bunch of kale, stems removed and chopped
- 1 1/2 tablespoons cooking oil
- Salt and pepper, to taste

## DIRECTIONS

1. Preheat oven to 350°F.
2. Place kale on baking sheet. Drizzle with olive oil and sprinkle with salt and pepper.
3. Bake 10 to 15 minutes or until kale is crisp and golden.



### Nutrition Information

*Serving size: 1/6 of recipe*

|                      |              |
|----------------------|--------------|
| <b>Calories</b>      | <b>63</b>    |
| <b>Total fat</b>     | <b>4 g</b>   |
| Saturated fat        | 1 g          |
| <b>Cholesterol</b>   | <b>0 mg</b>  |
| <b>Sodium</b>        | <b>26 mg</b> |
| <b>Carbohydrates</b> | <b>6 g</b>   |
| Fiber                | 1 g          |
| Sugars               | 0 g          |
| <b>Protein</b>       | <b>3 g</b>   |

Notes:

- Collard greens and swiss chard can be used instead of kale!
- Add extra seasonings like onion powder, garlic powder, chili powder, cumin, or parmesan cheese before baking for extra flavor.

Recipe source: Allrecipes