



Kale Chips

Servings per recipe: 6 servings
Serving size: handful of kale chips

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Ingredients

4 cups kale (1-2 bunches)

1½ tablespoons olive or vegetable oil

Parmesan cheese (optional)

Dash of seasoning of your choice (salt, pepper, onion powder, chili powder, cumin, or turmeric)

Tools

1 baking sheet

1 set of measuring spoons

Directions

Wash hands and make sure utensils and countertops are clean.

1. Assemble ingredients. Wash and dry kale.
2. Preheat the oven to 400°F.
3. Remove the stems from the kale leaves. Tear leaves into bite-sized pieces and place on baking sheet.
4. Drizzle olive oil over kale.
5. Sprinkle seasoning of your choice over the kale. (For example, ¼ cup fresh Parmesan cheese)
6. Bake at 400°F for 10–15 minutes or until kale is crisp and edges are brown but not burned.

Share and enjoy!



Nutritional Analysis (per serving)

Calories: 35 kcal
 Fat: 3.5 g
 Saturated
 Monounsaturated
 Carbohydrates: 0.9 g
 Fiber: 0.4 g
 Sugar: 0.2 g
 Protein: 0.5 g