

powerUP

Crispy Kale Chips



PowerUp your meal!

This is a great substitute for your potato chip cravings. Serve with a glass of low-fat milk for a nutritious and tasty snack!

Serves: 6

INGREDIENTS

- 1 bunch kale
- 1 tsp. olive oil
- 1 tsp. salt

Optional: shredded
Parmesan

PREPARATION

Line a non-insulated cookie sheet with parchment paper.

DIRECTIONS

Preheat oven to 250 degrees F. Wash kale and dry. Using a knife, carefully remove the thick inner stems from the leaves, leaving long strips; cut the strips in half. Arrange the leaves dark side up in a single layer on two baking sheets. Lightly mist or drizzle kale with oil. Sprinkle with salt OR Parmesan cheese. Bake about 40-60 minutes, until kale is crisp or cheese is golden.

KIDS IN THE KITCHEN

- Get your kids involved by:
- Washing/tearing kale.
 - Placing kale on the cookie sheet.
 - Serving and eating!

Nutrition

Per serving: 50 calories; 1g fat;
8g carbohydrates; 1.5g fiber