



## June 20- Kale Chips

Smart Snack

Link: <http://allrecipes.com/recipe/176957/baked-kale-chips/>

### Recipe

Ingredients:

1 bunch kale

1 ½ Tablespoon olive oil

Directions:

1. Pre-heat oven to 350°F.
2. Line a cookie sheet with parchment paper (optional).
3. Wash and dry kale. With a knife or kitchen scissors, carefully remove the leaves from the thick stems. Tear into bite-size pieces.
4. Place kale pieces on cookie sheet.
5. Drizzle olive oil over kale and then sprinkle with seasonings of choice.
6. Bake 10 to 15 minutes or until kale is crisp and edges are brown but not burned.

Yield 6 servings

### Nutrition Facts

Serving Size 1/6 recipe (59.21g)

Servings Per Container 6

#### Amount Per Serving

Calories 60      Calories from Fat 35

% Daily Value\*

**Total Fat** 4g      **6%**

Saturated Fat 0.5g      **3%**

Trans Fat

**Cholesterol** 0mg      **0%**

**Sodium** 20mg      **1%**

**Total Carbohydrate** 5g      **2%**

Dietary Fiber 2g      **8%**

Sugars 1g

**Protein** 2g      **5%**

Vitamin A 110%      •      Vitamin C 110%

Calcium 8%      •      Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet.