



November KALE



EatingWell

KALE CHIPS

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Kale Chips

ACTIVE: 25 MIN **TOTAL:** 25 MIN

TO MAKE AHEAD: Store in an airtight container at room temperature for up to 2 days.

Not a fan of kale? These crispy baked kale chips will convert you! For the best result, don't overcrowd the pans.

- 1 large bunch kale, tough stems removed, leaves torn into pieces (about 16 cups; see *Tip*)
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon salt

1. Position racks in upper third and center of oven; preheat to 400°F.
2. If kale is wet, very thoroughly pat dry with a clean kitchen towel; transfer to a large bowl. Drizzle the kale with oil and sprinkle with salt. Using your hands, massage the oil and salt onto the kale leaves to evenly coat. Fill 2 large rimmed baking sheets with a layer of kale, making sure the leaves don't overlap. (If the kale won't all fit, make the chips in batches.)
3. Bake until most leaves are crisp, switching the pans back to front and top to bottom halfway through, 8 to 12 minutes total. (If baking a batch on just one sheet, start checking after 8 minutes to prevent burning.)

SERVES 4: ABOUT 2 CUPS EACH

Calories 110, Fat 5g (sat 1g), Cholesterol 0mg, Carbs 16g, Total sugars 4g (added 0g), Protein 5g, Fiber 6g, Sodium 210mg, Potassium 642mg.
Nutrition bonus: Vitamin A (767% daily value), Vitamin C (192% dv), Calcium (20% dv), Potassium (18% dv).

TIP: Choose organic kale when possible. Nonorganic can have high pesticide residue.