



Baked Kale Chips

Ingredients:

- 1 bunch kale
- 1 tablespoon olive oil
- ¼ teaspoon salt

Instructions:

1. Preheat oven to 275F degrees.
2. Wash and dry the kale thoroughly.
3. Remove the ribs from the kale and tear leaves into 1-½ inch pieces.
4. Spread kale evenly on a baking sheet covered in foil.
5. Toss kale with olive oil until each piece is fully coated and sprinkle with salt.
6. Bake until crisp, ~20 minutes total, flip kale chips after 10 minutes.

Variations:

- To reduce calories from fat, try spraying the kale with cooking spray instead of tossing with olive oil before baking.
- How about some BBQ kale chips? Sprinkle kale with 1 tablespoon and 1 teaspoon BBQ seasoning before baking (Depending upon the BBQ seasoning you use, you may need to adjust the amount of salt)
- For a cheesy addition, sprinkle 2 tablespoons of cheddar or Parmesan cheese with a pinch of salt and pepper.
- For a zesty flavor, add 1 tablespoon of lemon juice or 2 teaspoons of lemon zest along with the salt before baking.
- You can decrease the need for salt and sodium content by adding spices, like garlic powder and onion powder.

Prep Time: 10 minutes

Cooking Time: 20 minutes

Equipment:

- oven
- baking sheet
- aluminum foil
- knife and cutting board
- measuring spoons

Servings: 4

Serving Size: ~3/4 cup



Nutrition Facts: 50 Calories, 0.5 g Fat, 0 g Saturated Fat, 10 g Carbohydrates, 3 g Protein, 2 g Fiber, 0 g Sugar, 190 mg Sodium.

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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