

Kale Chips

Yield: 35 servings

Component Contribution: ¼ cup dark green vegetable



Ingredients

2lb Kale
¼ cup Vegetable Oil
1 tsp Garlic Powder
1 tsp Table Salt

Instructions

1. Pre-heat the oven to 275°F.
2. Wash kale thoroughly, and remove the center ribs and stems.
3. Cut the leaves in to bite size pieces, about the size of traditional chips.
4. Dry the leaves thoroughly to ensure a crispy end product.
5. Place kale in a large mixing bowl, and add the oil, garlic powder, and salt. Mix thoroughly and massage with gloved hands.
6. Place kale in a single layer on lined baking sheet(s).
7. Bake for 12-15 minutes or until edges are slightly browned.
8. Offer each student ½ cup of baked kale chips.

Nutritionals

Calories	24	Fiber (g)	1
Total Fat (gm)	1.9	Sugars (g)	0.2
Saturated Fat (g)	0.2	Protein (g)	0.5
Cholesterol (mg)	0	Iron (mg)	0.42
Sodium (mg)	212	Calcium (mg)	65
Potassium (mg)	90	Vitamin A (iu*)	1247
Carbohydrates (g)	1.2	Vitamin C (mg)	24
		Vitamin D (mcg)	0

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