



A Nutrition Resource

KALE CHIPS

Yield: 6 Servings | Serving Size: 1/2 cup

Cost/Serving: \$0.47

Ingredients:

- 1 bunch fresh kale (about 8 cups, chopped)
- 1 Tablespoon canola or olive oil
- 1/2 teaspoon seasoned salt

Directions:

- 1) Preheat oven to 350°F.
- 2) Wash kale leaves.
- 3) Cut leaves off thick stem and thoroughly dry leaves in a salad spinner or by blotting with paper towels. Discard stems.
- 4) Tear or cut leaves into bite sized pieces. Place in a large bowl.
- 5) Drizzle olive oil over kale and toss to coat well.
- 6) Place kale leaves onto cookie sheet.
- 7) Sprinkle with seasoned salt.
- 8) Bake at 350°F until edges brown, about 10-15 minutes.
- 9) Serve while hot.

Recipe and photo courtesy of www.foodhero.org.

Nutrition Facts

4 servings per container
Serving size About 1 cup (92g)

Amount per serving
Calories 60

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 143mg	10%
Iron 1mg	6%
Potassium 0mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter



Find us on Pinterest
pinterest.com/buyeatlive



Find us on Facebook
facebook.com/buyeatlivebetter

This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



MONTANA
STATE UNIVERSITY

EXTENSION