



# Kale Chips

4-6 servings

## INGREDIENTS

- 1 bunch kale, washed and thoroughly dried
- 2 Tbsp oil
- Salt to taste
- Optional : 1 tsp cumin, 1/4 tsp cayenne pepper, or 2 tsp parmesan cheese

## DIRECTIONS

1. Heat oven to 350°F.
2. Remove ribs from kale and cut leaves into 1 ½ inch pieces.
3. Add to baking sheet and toss with oil and salt, mixing until well coated.
4. Bake until crisp, about 8 - 10 minutes, turning the leaves half way.
5. Serve as a healthy alternative to potato chips and an easy way to eat another serving of fresh veggies!



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer. In Vermont, SNAP is called 3SquaresVT. It can help low income people buy foods for a better diet. We can help you apply. Contact the Vermont Foodbank at 855-855-6181 or text VFBSNAP to 85511.