



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!



Vermont
Foodbank
VT Fresh

Become a Recipe Tester and enter to win a \$100 gift card!

Visit VT Fresh for recipes, videos & more! vtfoodbank.org/vtfresh

This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer.



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!



Vermont
Foodbank
VT Fresh

Become a Recipe Tester and enter to win a \$100 gift card!

Visit VT Fresh for recipes, videos & more! vtfoodbank.org/vtfresh

This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer.