



HARVEST OF THE MONTH

Ingredient: Brassicas: Kale

Kale Chips

PREP TIME: 10 minutes
COOK TIME: 20
TOTAL TIME: 30 minutes
SERVINGS: 8 servings
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INGREDIENTS

1 bunch kale, washed and dried well
Sprinkle of sea salt
2 Tbs olive oil
2 tsp seasoning of choice: cumin, paprika, Italian seasoning, salt and pepper, or try a mix from below:

Ranch mix: (will make extra)

1 Tbs parsley
3 tsp onion powder
1 ½ tsp dill
1 tsp salt
½ tsp black pepper

Cheesy:

2-3 Tbs nutritional yeast
½ tsp garlic powder
½ tsp onion powder
½ tsp salt

INSTRUCTIONS

1. Preheat oven to 275 degrees.
2. Remove the stems (ribs) from the kale by stripping with your hands or a knife.
3. Cut kale into 1 ½ inch pieces
4. Mix with oil and seasoning in a bowl till well coated.
5. Lay evenly on a baking sheet.
6. Bake until crisp, turning the leaves halfway through, about 20 minutes.
7. Serve as a finger food.