



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Kale Chips

Ingredients

- 8 cups loosely packed kale, stems removed
- 2 tablespoons olive oil
- 1/2 teaspoon sea salt
- 1/4 teaspoon smoked paprika
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/8 teaspoon freshly ground black pepper

Directions

1. Preheat the oven to 325°F. Wash and dry the kale and tear it into large pieces.
2. Place the dried kale in a bowl and toss to coat with oil. Spread it out on a baking sheet lined with parchment. Bake until crispy but not burnt, 20 to 25 minutes.
3. To make the seasoning, combine the remaining ingredients in a small bowl. Sprinkle the seasoning over the kale chips and serve.

Serves 4

100 calories, 8 g fat, 1 g saturated fat, 5 g carbohydrate, 5 g fiber, 2 g protein, 363 mg sodium

Source: American Macular Degeneration Foundation

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