

## Kale Chips

Prep time: 5 minutes | Cooking time: 15 minutes | Number of servings: 6

- 1 large bunch of kale
- 1 tablespoon olive oil
- 1 teaspoon salt

### Directions

1. Preheat oven to 400° F.
2. Wash kale, remove stems, and tear into large pieces. Let kale dry or gently pat dry.
3. Mix oil and salt in a large bowl.
4. Toss kale in oil mixture until kale is evenly coated.
5. Spread kale onto a large baking sheet in a single layer. Bake in oven for 15 to 20 minutes, or until kale is lightly brown and crispy.



### Food Sense Tips

- Try something new! Pick a new vegetable each week and find new ways to eat healthfully. Kids do what they see adults do. Eating vegetables is good for everyone.

**Nutrition Facts** (Serving size ½ cup): Calories–60; Protein–3g; Carbohydrate–9g; Total Fat–3g; Saturated Fat–0mg; Cholesterol–0mg; Fiber–2g; Sodium–430mg; Vitamin C–180%; Vitamin A–270%; Iron–8%; Calcium–10%

*Adapted from Washington State University Extension Food Sense*

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## Cook Together! Making Kale Chips with Kids

When kids help cook, make sure an adult is with them to be sure they use equipment and tools safely. Easy tasks can be done by the children as young as 5 years of age. Intermediate tasks can be learned successfully for kids 8 years and older. Difficult tasks are completed by adults or older kids who have experience helping in the kitchen.

### Easy Tasks:

Gather ingredients and equipment.  
Wash vegetables, drain, and pat dry.

### Intermediate Tasks:

Remove stems from kale.

Tear kale into large pieces.

Measure oil and salt; mix in bowl.

Toss kale in oil until evenly coated.

Spread kale onto large baking sheet in single layer.

Turn oven on and off; set temperature; set timer.

Remove from the oven when lightly browned and crispy.

### Difficult Tasks:

KID-TESTED FRUITS & VEGGIES



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