



GARLIC PARMESAN KALE CHIPS

October 2

National Kale Day

INGREDIENTS

- 1 Pound (about 6 cups) Fresh Kale (washed and torn into chip-size pieces)
- 2 Tablespoons Olive Oil
- 2 Cloves Fresh Garlic (minced)
- ¼ Cup Parmesan Cheese
- ¼ Teaspoon Sea Salt
- ⅛ Teaspoon Black Pepper

DIRECTIONS

1. Thoroughly wash the kale, remove thick stems, and tear the leaves into chip-size pieces. Dry completely using a salad spinner or patting with a towel to ensure crispiness during baking.
2. Place the kale in a large bowl and drizzle with olive oil. Massage gently to coat each leaf evenly. Add minced garlic, grated Parmesan, sea salt, and black pepper, mixing well to distribute the flavors thoroughly.
3. Spread the kale pieces flat on a baking sheet lined with parchment paper. Avoid overcrowding to allow heat circulation and even crisping.
4. Preheat the oven to 300°. Bake the kale chips for 15-20 minutes, checking closely after 15 minutes to prevent burning. Remove once they turn golden and crispy.
5. Let the kale chips cool on the baking tray to finalize their crispiness before serving or storing.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

2½ Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	½ Cup	¾ Cup	½ Cup