

Farm to Table provides local, sustainably grown foods to childcare programs in Seattle to increase access to highly nutritious foods. The program is supported by funding from the City of Seattle Sweetened Beverage Tax.

Kale Chips

Recipe from Tilth Alliance Makes 2-4 servings

Ingredients

1 bunch kale leaves (about 4 cups)
1/2 teaspoon salt
Optional seasonings of choice (curry, cumin, paprika, tajin, chili powder)
2 tablespoons olive oil

Instructions

Preheat oven to 300°F.

Wash kale, remove stems, and pat dry with a paper towel. Cut into bite size pieces, about 1 inch.



Photo credit: The Kitchn website

In a mixing bowl, combine kale with salt, seasonings (if using), and oil until the kale pieces are evenly coated and shiny with oil.

Spread in a single layer on a sheet pan and place in the oven.

Bake in oven for 12 minutes, until the kale is crispy.

Remove from oven and enjoy!







