



Recipes for Success



Kale Chips

Kale Chips are a healthy alternative to potato chips and are full of crunch, flavour, and good nutrition. Kids and adults alike will love munching on this snack!

Ingredients:

Kale, washed and dried	1 bunch
Olive Oil	2 tsp (10 mL)
Seasoning of your choice (some suggestions: garlic powder, paprika, black pepper, Italian seasoning, cinnamon)	Sprinkle



Directions:

1. Preheat your oven to 375°F
2. Tear the kale leaves off the stem in bite sized pieces.
3. Toss leaves with olive oil and spread onto a baking sheet.
4. Sprinkle with seasoning of your choice
5. Bake for about 15 minutes or until the edges begin to brown and leaves are crispy.

Tip: Keep a close eye on your kale during cooking as some ovens can be much hotter than others and may require shorter cooking times.