



# Kale Chips

Fall Winter Spring Summer

## NUTRITION INFORMATION

**SERVING SIZE: 1 cup**

Amount per Serving	
Calories	71 kcal
Protein	3.44 g
Carbohydrate	10.44 g
Total Fat	2.89 g
Saturated Fat	0.39 g
Cholesterol	0 mg
Vitamin A	16041.19 IU
Vitamin C	125.19 mg
Iron	1.79 mg
Calcium	140.86 mg
Sodium	169.70 mg
Dietary Fiber	2.09 g

**EQUIVALENTS: 1 cup provides 1/3 cup dark green vegetable.**

Recipe HACCP Process: #2 Same Day Service

# Kale Chips • 50 servings (1 cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
			<ol style="list-style-type: none"> <li>1 Preheat convection oven to 400°F or conventional oven to 425°F.</li> </ol>
Kale	11 lb 8 oz		<ol style="list-style-type: none"> <li>2 Wash kale and dry very well (use a salad spinner if you have one). Holding the kale upside down by the stem with one hand, use your other hand to rip the leaves down and away from the stem into a very large bowl. Tear any large pieces into 2- to 3-inch pieces.</li> </ol>
Olive oil		½ cup	<ol style="list-style-type: none"> <li>3 Add oil and salt and mix by hand to coat the leaves evenly with the oil.</li> </ol>
Kosher salt		4 tsp	
			<ol style="list-style-type: none"> <li>4 Using about 6 qt (unpacked) per pan, arrange the kale on 4 full sheet pans, spreading the leaves out so they lie as flat as possible on the sheet, leaving an inch or so in between the pieces. Bake with the oven door slightly ajar (this allows steam to escape) until the kale is crispy and bright green, about 10 minutes. (If the kale turns olive green, they have cooked too long). Don't cook more than 4 sheet pans at a time, or the oven will get too steamy. Let cool for 2 minutes then transfer to a serving dish. Repeat with the remaining kale.</li> </ol>

## NOTES

- This recipe works with curly kale, but Lacinato or "dinosaur" kale has a sweeter, milder flavor.
- If washing the kale ahead of time to store for later use, place the dried kale in a large plastic bag with several dry paper towels. The towels will help absorb any extra moisture in the bag, keeping the kale relatively dry.
- These are really best eaten the day they are made, but if you have to make them a day ahead, cover them loosely with plastic wrap and "re-crisp" in the oven for approximately 1 minute, leaving the fan off (if using a convection oven).
- Kale chips are a great project for students to help with — they can wash and rip the kale up and help mix in the oil and salt.

