

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Baked Kale Chips

Serves 4

Ingredients

1 bunch (about 6 ounces) kale
2 tablespoon olive oil
Sea salt, to taste

Directions

1. Preheat oven to 300°F
2. Rinse and dry the kale, then remove the stems and tough center ribs. Cut into large pieces, toss with olive oil in a bowl then sprinkle lightly with salt.
3. Arrange leaves in a single layer on a large baking sheet
4. Bake for 20 minutes, or until crisp. Place baking sheet on a rack to cool.

Nutritional Information per 1 serving:

Calories: 51	Carbohydrates: 4g
Total Fat: 4g	Cholesterol: 0mg
Saturated Fat: 1g	Dietary Fiber: 1g
Protein: 1g	Sodium: 309mg