

Kale Chips

Ingredients:

1 bunch of kale
2 tbsp olive oil
2 cloves garlic
Salt/pepper
Lemon juice (optional)



Steps:

Tear the leaves off 1 bunch kale. Chop leaves into smaller pieces. Toss on a rimmed baking sheet with 2 tablespoons olive oil, 2 sliced garlic cloves, and salt and pepper. Roast in a 350 degrees F oven until crisp, about 15 minutes, stirring halfway through. After stirring, squeeze some lemon juice on top (optional).

Nutritional highlights:

Kale can be easily found in just about any grocery store in the produce section or grown in your backyard. For less than a few bucks you can make a nutritious snack that is high in fiber, vitamin A, vitamin C, and vitamin K. Vitamin K is essential for healthy blood and bones. Kale also contains alpha-linolenic acid, an essential omega-3 fat that may decrease the risk of heart disease.

Kale Chips

| Nutrition Facts | |
|---------------------|------------|
| Serving Size | ¼ of batch |
| Servings Per Recipe | 4 |
| Amount Per Serving | |
| Calories | 65 |
| Fat | 7 g |
| Saturated | <1 g |
| Polyunsaturated | <1 g |
| Monounsaturated | 6 g |
| Carbohydrate | <2 g |
| Protein | <1 g |
| Calcium | 30 mg |
| Iron | <1 mg |
| Vitamin A | 2600 IU |
| Vitamin C | 27 mg |



References:

- 1) <http://www.healthdiaries.com/eatthis/9-health-benefits-of-kale.html>
- 2) Recipe from: <http://www.foodnetwork.com/recipes/guy-fieri/crispy-kale-chips-with-lemon-recipe/index.html>
- 3) For additional information on the Lobo Gardens, please go to: <http://unmloboqardens.wordpress.com/>

This handout was prepared by UNM students in NUTR 322: Management in Dietetics II

