



## The Best Kale Chips in the World

Kale chips are the perfect way to try kale! A food dehydrator will also work for these tasty snacks.

Source: Edward Christensen, Assistant Food Service Manager, Missoula County Public Schools

### Servings

6

### Ingredients

- 1 1/2 cups kale, raw, stemmed, and cut into chip-sized pieces
- 1 tsp olive oil
- 1/4 tsp salt

### Preparation

1. Preheat oven to 225°F.
2. Remove large stems from leaves leaving kale in “chip-size” pieces.
3. In single layer on sheet tray, place leaves face up, lightly spray with olive oil, and lightly season the kale with salt.
4. Bake for 40-60 minutes, or until the kale is completely dehydrated and will easily release from the pan when you shake the pan back and forth. Using a low oven temperature ensures that you will not burn the chips.



### Did You Know?

Kale has been grown for more than 6,000 years and is in the brassica family along with bok choy, collards, and broccoli.

## Dig Deeper

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# Kale



Lacinato "Dinosaur" kale

MONTANA  
Harvest  
of the  
Month

# Kale



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