

Health Tip of the Month

Crunch on Kale Chips

Like to snack on chips? Try a new satisfying way to crunch. **Snack on healthy homemade kale chips.**

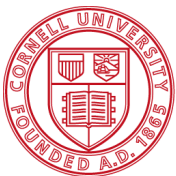
Any type of kale can be made into chips that are high in vitamins and minerals, and low in calories.



Cut down on added salt and saturated fat found in most store bought chips. **Switch to Kale chips for a fun way to eat more vegetables.**

Homemade Kale Chips

- ◆ Heat oven to 425 ° F.
- ◆ Wash and dry your kale.
- ◆ Remove the leaves from the stems and tear the leaves into chip sized pieces.
- ◆ Place kale into a bowl and toss with a little oil, a little salt, and a little black pepper. Add your favorite salt free spice for extra flavor.
- ◆ Lay each kale leaf out on a baking sheet and bake for 10-15 minutes until the leaves begin to brown. Don't overcook!
- ◆ Let the kale chips sit for a few seconds to finish crunching up. Enjoy!



Cornell University
Cooperative Extension
New York City

Worksite Wellness Initiative: by Virginia Dweck, Dietetic Intern
Brooklyn College CUNY 49: 11/14
More Health Tips? visit <http://nyc.cce.cornell.edu>