

Ingredients:

5 cups kale
1 1/2 teaspoons olive oil
1/8 teaspoon taco seasoning
1/8 teaspoon paprika
1/8 teaspoon salt

Spiced Kale Chips
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Directions:

1. Wash hands with warm water and soap. Wash fresh vegetables before preparing.
2. Pat kale completely dry with a paper towel. Trim away thick stems and discard. Cut kale into 2 inch pieces.
3. Drizzle olive oil over kale in mixing bowl and gently massage the oil evenly over each piece.
4. Sprinkle taco seasoning, paprika and salt over kale and toss to combine.
5. Evenly space kale pieces on microwave safe plate without overlapping leaves. You will have to cook it in batches. Cook on high for 30 seconds to 1 minute and then flip the kale over and cook for another 30 seconds to 1 minute. Cooking time will vary depending on microwave. Kale should be crispy but not grayish green in color.

Nutrition Facts (Per Serving)

Calories, 57; Total Fat, 2 g; Saturated Fat, <0.5 g; Trans Fat, 0 mg;
Cholesterol, 0 mg; Sodium, 170 mg; Carbohydrates, 7 gm; Fiber, 2 g;
Sugar, 0 g; Protein, 4 g; Calcium, 126 mg; Folate, 26 mg; Iron, 1 mg;
Calories from Fat 26%
Makes 4 servings



Spiced Kale Chips

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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