

## The Farm at St. Joe's

### Baked Kale Chips

#### Ingredients:

1 bunch kale, washed and thoroughly dried  
1-2 Tablespoons olive oil  
Sea salt to taste



#### Directions

- 1) Preheat oven to 300F.
- 2) Remove ribs from kale and cut into 2 inch pieces. Lay on a baking sheet and toss with olive oil and salt.
- 3) Bake until crisp, about 20 minutes, turning leaves halfway through.

#### Tips:

- ❖ Toss with other seasonings like garlic powder or Parmesan cheese for added flavor

Serves 6. Nutrition per serving: 52 calories, 4g fat, 95mg sodium, 4g carbs, 1g sugar, 2g protein

#### Local Is Better

Eating local is healthier. Local produce contains more vitamins and minerals than supermarket produce which has been shipped from far distances. At The Farm at St. Joe's all of our produce is grown without the use of pesticides and is harvested by hand.

*If you are interested in volunteering at The Farm at St. Joe's, call 734-712-HOOP (4667). For more information on nutrition, call St. Joseph Mercy Nutrition Services at 734-712-5800.*

#### Like this Recipe?

Learn more by taking a cooking class at the Women's Health Center. For a full list of upcoming classes, visit [stjoeshealth.org/classes](http://stjoeshealth.org/classes).

Check out our blog for updates and market times at [stjoefarm.org](http://stjoefarm.org)



Find us on  
Facebook

[facebook.com/stjoefarm](https://facebook.com/stjoefarm)