

kale chips

From: *Taste the Rainbow*

ingredients:

- 6–8 cups kale (about 1 pound)
- 1 ½ tsp vegetable or olive oil
- * 1 tsp basil and 1 tsp oregano
- * ⅛ tsp salt

directions:

1. Preheat oven to 350°F.
2. Tear kale into 1–2 inch pieces using only outer leafy part.
3. Combine oil, spices, and salt in bowl; mix well. Add kale and mix well to evenly coat.
4. Place kale on a baking sheet lined with parchment paper.
5. Bake for 8 minutes, flip pieces, and bake for 8 more minutes. Smaller pieces cook quickly, so keep an eye on it.

storage:

Kale chips can be kept in an airtight container in the refrigerator for up to a week. If kept at room temperature, try to eat within a day or two.

* kale chip flavors

Basil & Oregano—1 tsp basil and 1 tsp oregano, ⅛ tsp salt

Rosemary—1 tsp rosemary, ⅛ tsp salt

Salt & Pepper—¼ tsp black pepper, ⅛ tsp salt

Parmesan Cheese—¼ cup parmesan cheese

Cinnamon & Sugar—1 tsp ground cinnamon, ½ tsp sugar

science moment!

Fruits and vegetables come in a variety of colors, just like a rainbow! Different colors of fruits and vegetables have different nutrients that help us grow. We should eat as many colors as we can, so we can get as many nutrients as we can!

Kale is full of nutrients like calcium and vitamin K. It is part of the cabbage family and can last up to 21 days uncooked in the refrigerator if kept from apples and other ethylene gas producing fruits. Whether you decided to cook or bake kale, most of the nutrients will stay in the vegetable—that's why it's a SUPERFOOD!

get talking!

Try a new vegetable or fruit each week. Not everyone may like it, but that's OK! It's good to try new things!

Try a vegetable or fruit alphabet game! Have the family pick a fruit or vegetable for each letter, and incorporate it in the meal for the day! A is for Apricot. Q is for Quince. B is for Broccoli.



from our kitchen to yours!