Foods 9/10 (B)

**BAKED KALE CHIPS**

**1 RECIPE PER UNIT**

**RECIPE ADPATED FROM ALLRECIPES**

**INGREDIENTS**



1 bunch Kale

15 mL extra virgin olive oil

Salt or seasoning salt to taste

**DIRECTIONS**

1. Preheat an oven to 350 °F (175°C).
2. Line a baking sheet with parchment paper.
3. With a knife, carefully remove the thick stems from the leaves and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner or inside a tea towel folded in half or between paper towels if you do not have a salad spinner.
4. In a mixing bowl, toss kale with olive oil and sprinkle with salt or seasoning salt.
5. Bake until the edges brown but are not burnt, approximately 10 to 15 minutes.
6. Enjoy!

**Note:** For extra flavour, you could sprinkle parmesan cheese, crushed red chilli flakes, dry ranch mix or other spices instead of using just salt!!!

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**WHY YOU SHOULD INCLUDE KALE IN YOUR DIET:**

Kale is being called “the queen of greens” and “a nutritional powerhouse.” Here are ten great benefits of adding more kale to your diet:

1. **Kale is low in calorie, high in fiber and has zero fat**. One cup of kale has only 36 calories, 5 grams of fiber and 0 grams of fat.

2. **Kale is high in iron.** Per calorie, kale has more iron than beef. Iron is essential for good health, such as the formation of hemoglobin and enzymes, transporting oxygen to various parts of the body, cell growth, proper liver function and more.

3. **Kale is high in Vitamin K.** Eating a diet high in Vitamin K can help protect against various cancers. It is also necessary for a wide variety of bodily functions including normal bone health and the prevention of blood clotting. Also, increased levels of vitamin K can help people suffering from Alzheimer’s disease.

4. **Kale is filled with powerful antioxidants**. Antioxidants, such as carotenoids and flavonoids help protect against various cancers.

5. **Kale is a great anti-inflammatory food**. One cup of kale is filled with 10% of the RDA of omega-3 fatty acids, which help, fight against arthritis, asthma and autoimmune disorders.

6. **Kale is great for cardiovascular support.** Eating more kale can help lower cholesterol levels.

7. **Kale is high in Vitamin A**. Vitamin A is great for your vision, your skin as well as helping to prevent lung and oral cavity cancers.

8. **Kale is high in Vitamin C.** This is very helpful for your immune system, your metabolism and your hydration.

9. **Kale is high in calcium**. Per calorie, kale has more calcium than milk, which aids in preventing bone loss, preventing osteoporosis and maintaining a healthy metabolism.

10. **Kale is a great detox food.** Kale is filled with fiber and sulfur, both great for detoxifying your body and keeping your liver healthy.

