

## Kale Chips



Recipe Rating	
Total Time	70 Minutes
Cooking Time	50 Minutes
Total Labour	20 Minutes
Knife Skills	N/A

Equipment
Mixing Bowl or Pan
½ size- 2" deep production pans
Bulk Retherm Cart (or regular oven) <b>or</b>
Tray Service Retherm Cart

Nutrition Facts	
Valeur nutritive	
Per 1 serv (45g) / par 1 serv (45g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories 60</b>	
<b>Fat / Lipides 5g</b>	<b>8%</b>
Saturated / satures .5g	
+ Trans / trans 0g	<b>3%</b>
<b>Cholesterol / Cholesterol 0mg</b>	
<b>Sodium / Sodium 210mg</b>	<b>9%</b>
<b>Carbohydrate / Glucides 4g</b>	<b>1%</b>
Fibre / Fibres 1g	<b>4%</b>
Sugars / Sucres 0g	
<b>Protein / Proteines 1g</b>	
Vitamin A / Vitamine A	
Vitamin C / Vitamine C	<b>80%</b>
Calcium / Calcium	<b>6%</b>
Iron / Fer	<b>6%</b>

# Kale Chips

	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Kale	1.0 kg	2.2 lbs.	2.0 kg	4.4 lbs.
Olive Oil, Extra Virgin	125 mL	½ cup	250 mL	1 cup
Salt	10 mL	2 tsp	20 mL	4 tsp
Oregano	10 mL	2 tsp	20 mL	4 tsp
Chili Powder	10 mL	2 tsp	20 mL	4 tsp

## Method



1. Strip kale leaves off of stem. Tear into bite size pieces and wash.



2. Toss all ingredients in a large bowl. Massage seasoning into kale.  
Experiment with different seasonings!



3. **Bulk:** Place pan in Multigen for 50 minutes uncovered. Remove and serve.  
**Cold Plating:** Place on the hot side of the tray uncovered to retherm prior to service.



4. Serve Hot.

Garnish: N/A

Food Accompany: any appropriate entree