

## **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) or			
Tray Service Retherm Cart			

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



## **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.



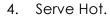
2. Toss all ingredients in a large bowl. Massage seasoning into kale.

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.



Garnish: N/A

Food Accompany: any appropriate entree

