

# Got Kale?

Written by: Michelle Palenik  
Member of UIC's Student Nutrition Association

Over the past year, kale has become a hot item. This trendy leafy green vegetable is making an appearance everywhere! The taste of kale is somewhere between broccoli and Brussel sprouts. However, the flavor intensity varies depending on how you cook it. From smoothies to soup, kale can be used in a variety of recipes. Not only is it versatile, but it is a health super food. Kale is packed with a ton of nutrients that will make you feel great. Below is a recipe for parmesan garlic kale chips. Kale chips are a great nutritious way to satisfy a craving for salty potato chips, and are super easy to make. If you have never tried kale, don't be scared and give it a go!

## Garlic and Parmesan Kale Chips

### Ingredients:

2 bunches of fresh kale  
5-6 cloves garlic, minced  
Sea salt, to taste  
3 tsp olive oil  
1/4 cup fresh grated Parmesan cheese

Remove stems from Kale. Chop into chunks and wash well. (I use a salad spinner, which works really great for removing all the water from the kale.) Dry well.

Place kale in a large bowl. Toss with olive oil, sea salt, and garlic. Lay flat on a large baking sheet. For best results, don't overcrowd the baking sheet. (Make these in two batches if necessary).

Bake at 375 degrees F for 8 minutes. Stir and toss on baking sheet. Cook 8 more minutes, or until the edges are crisp and light brown. Remove from oven. Sprinkle with parmesan cheese. Serve warm or store in an airtight container to save.



Recipe: <http://tastesbetterfromscratch.com/2013/07/garlic-and-parmesan-kale-chips.html>

Kale Facts: <http://foodmatters.tv/content/17-fun-facts-about-kale>

### Kale Facts

- **There are over a dozen varieties of kale**
- **Kale has more calcium than a carton of milk**
- **The antioxidants in kale can suppress inflammation and help our liver detox**
- **One cup of Kale provides 134% of the daily Vitamin C needs**