



all foods nutrition

*where all foods can be
part of a healthy life*

Health(ier) Snacks: Kale Chips

Recipes are in order of my preference, I like the first recipe best because the chips are fun, tasty & quick.

Tuscan Kale Chips

Ingredients:

- 12 large tall Tuscan kale leaves (aka dinosaur or lacinto kale)
- 2 tablespoon olive oil
- salt and pepper

Preheat oven to 250°F. Toss kale with oil in large bowl. Sprinkle with salt and pepper to taste. Arrange leaves in single layer on 2 large baking sheets. Bake until crisp, about 30 minutes for flat leaves and up to 33 minutes for wrinkled leaves. Transfer leaves to rack to cool.

*Recipe from Epicurious.com <http://bit.ly/1iLcNxM>

Kale Chips

Ingredients

- Cooking spray
- 1 small bunch kale (about 1/2 pound)
- 1 tablespoon olive oil
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt

Preheat the oven to 350°F. Spray two baking trays with cooking spray. Remove the center rib and stems from each kale leaf and discard. Tear or cut the leaves into bite-size pieces, about 2 to 3 inches wide. Wash the kale and dry it very well. Place the kale in a large bowl. Drizzle with the oil and sprinkle with the garlic powder and salt, and massage the oil and seasonings into the kale with your hands to distribute evenly. Place the kale in a single layer on the baking sheets, and bake until crisp and the edges are slightly browned, 12 to 15 minutes.

* Recipe from Epicurious.com <http://bit.ly/1iLcSlc>

Parmesan Pepper Curly Kale Chips

Ingredients

- 3 pounds curly kale
- 4 tablespoons olive oil, divided
- 8 tablespoons finely grated Parmigiano-Reggiano, divided
- 2 teaspoons freshly ground black pepper, divided
- Fine sea salt, divided

Special equipment: 2 very large bowls; 2 large (half-sheet 18- by 13-inch) rimmed sheet pans; parchment paper or nonstick foil

Heat oven to 275°F with racks in upper and lower thirds. Line rimmed sheet pans with parchment or nonstick foil. Cut out and discard stems and center ribs from kale. Aim for 32 cups of leaves (use a 1- or 2-quart glass measure and pack leaves without crushing them). Wash leaves and dry well. Transfer half of kale to a large bowl. Toss with half of oil, rubbing leaves to make sure they are well coated, then toss with half of parmesan, pepper, and salt. Once the first half is in the oven, repeat with the other half of the kale. Working in batches, spread leaves in a single layer on lined sheet pans and bake, switching positions of sheets halfway through, until crisp, about 25 minutes. Transfer crisps with a metal spatula to baking sheets or platters to cool. Reuse parchment or foil for successive batches.

* Recipe from Epicurious.com <http://bit.ly/1hMk6ms>





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Health(ier) Snacks: Spicy Chickpeas & Popcorn

Spicy Chickpeas

Ingredients

- 1 can (15.5 ounces) chickpeas, rinsed and drained
- 1 tablespoon olive oil
- ½ teaspoon salt
- 1 teaspoon ground cumin

Heat oven to 350°F. Toss together all ingredients in a bowl. Pour onto a baking sheet lined with aluminum foil. Bake until crunchy, about 45 minutes; check on them frequently. Eat as a snack or sprinkled on a salad. Makes about 1 cup.

*Recipe from epicurious.com (<http://bit.ly/1gsmpeW>)

Fun Flavored Popcorn

-To cook on stovetop: use ½ cup popcorn kernels with 1 tablespoon oil***

- If you have an air popper: Start with air popped popcorn and add 1 teaspoon – 1 tablespoon fat after popping or spray with cooking spray before adding spices.

Sweet Ginger Popcorn: 3 cups popcorn, canola oil, 1 teaspoon sugar, powdered ginger to taste, ¼ cup diced candied ginger

Pizza Popcorn: 3 cups popcorn, olive oil, 1 tablespoon parmesan cheese, dried oregano and red pepper flakes to taste

Italian Popcorn: 3 cups popcorn, olive oil, garlic powder and italian seasoning to taste

Cheeseless Cheesy Popcorn: 3 cups popcorn, 2 tablespoons nutritional yeast

*Recipes modified from: 23 Ways to Top Your Popcorn (for under 150 calories) <http://bit.ly/1igsAXD>

Sesame Popcorn: 4 cups popcorn, toasted sesame oil, ½ teaspoon sesame seeds

*Recipe from: realsimple.com: 19 Healthy Snack Ideas <http://bit.ly/QkP9zU>

*** A note about fat: to eat healthy fats with my popcorn, I use expeller pressed canola oil for a neutral flavor for sweet popcorn and olive oil for savory popcorn, but any fat will work, and you can tailor it to your chosen toppings. Other examples of fats that can be used are butter, coconut oil and peanut oil.

