

Mac & Chees with Kale Chips



Prep: 10 minutes **Cook:** 20 minutes **Yields:** 4 servings

3-4 stalks of kale
1 tablespoon oil
salt to taste
1 box mac & cheese

Optional

Other cooked vegetables (examples: red peppers, tomatoes, zucchini and mushrooms)

Hot pepper

Milk or cream

Chef's Notes: Just use 1/2 of the packet of cheese from the mac & cheese to reduce sodium, a healthier choice. Kale chips can be enjoyed as a healthy snack as well!



1. Preheat the oven to 350° F .
2. Cut the leaves away from the thick stems and tear into bite size pieces. Rinse and toss in strainer to drain water, toss with 1 tablespoon olive or canola oil and a pinch of salt.
3. Spread evenly on a baking sheet, being careful not to let them overlap too much. Bake until the edges are slightly brown but not burnt, 10-15 min.
4. While kale chips are baking, follow directions on the box for mac & cheese, enjoy the kale chips as a side dish!

Fresh Harvest Kits are a collaboration between HDFFA and hunger relief agencies.

Each kit contains fresh vegetables and staple ingredients from this agency. When using this kit you'll get fresh ideas for creating healthy meals! Visit our website to learn more and to see the full list of partners.