

Swiss Chard Chips

A delicious yet simple recipe that allows children and youth to get involved in the kitchen, learning healthy snacking habits and ...once the chips come out of the oven you will hardly see any leftover.

You can prepare them ahead of time and enjoy at school, at work, while relaxing at home or simply share with your loved ones.

Ingredients

½ pound swiss chard
1 lemon, zest and juice
2 tablespoon olive oil
1 teaspoon chili flakes
1 pinch sea salt

Method

1. Preheat the oven at 300 °F. Line a baking sheet with parchment paper or a baking mat.
2. Wash and dry the swiss chard leaves and with your hands remove the stems. Tear into chip sized pieces and place in a large bowl.
3. Add the lime juice, olive oil, chili flakes and salt. Toss until well coated.
4. Place on the baking sheet, trying not to overlap the swiss chard so it dries out evenly.
5. Bake for 12-15 minutes or until crispy.
6. Remove from the baking sheet and allow to cool down in a bowl.
7. You can keep them in an airtight container. Can be stored in a jar for a couple days.

¡Buen Provecho!

from the Culinary Team at Rancho La Puerta

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