

News Release
7-24-14

PRESTON COUNTY KALE CHIPS A HIT WITH ENERGY EXPRESS KIDS

“Kale” and “chips” aren’t words you typically see in the same sentence, much less adjacent to each other. But the term may become more common if an informal experiment conducted at Kingwood Elementary proves accurate elsewhere.

About 40-50 children attending the Preston County Energy Express summer reading and nutrition program ate kale chips – and liked them.

“I told them we would be eating ‘alien chips,’ and rewarded them with a sticker for trying them,” said Jennifer Kahly, an Americorps member working through the West Virginia Department of Education’s Office of Child Nutrition (WVDE-OCN). “I would say about 60 percent of the kids loved them and were begging for more.”

The idea was to see if school cooks could take a locally grown product and turn it into an easy, nutritious recipe that students would eat in school cafeterias. The kale was sourced from Vested Heirs Farm. Cathy Opal, Vista Volunteer and school cook, got the recipe from the New School Cuisine cookbook.

The process is simple: sprinkle olive oil and salt over kale – preferably “curly” kale such as lacinato, spread out on a baking sheet, and put it in a 400-degree oven for 10 minutes.

“We sent kale chips home with kids who were begging for more,” said Kahly.