Kale Chips

What to do

1. Preheat oven to 200 degrees.

2. Wash Kale with cold salted water.

3. Dry Kale with paper towel or clean tea towel.

4. Cut any thick stems away from the frilly green leaves and then cut the leaves into finger length pieces.

5. Place Kale in the large bowl and toss the olive oil and salt through the leaves.

6. Place the coated Kale leaves onto the lined baking tray and bake in a hot oven for 6-10 minutes. You will need to keep an eye on the kale as it goes from crisp to burnt very quickly. You will also need to toss the kale about half way through cooking.

Serve as is or as a crunchy topping on your favourite dish.

* You will need adult supervision in step 7

Ingredients

15 stalks of Kale
1/3 Cup Olive Oil
Sea Salt

From the Garden

Kale