



Baked Kale Chips

Recipe source: allrecipes.com

Season: Spring

Type: Snack

Difficulty: Easy

Serves: Serves 20 to taste

Fresh from the garden: Kale

Equipment:	Ingredients:
<ul style="list-style-type: none">• 2 Chopping boards• Salad spinner• small knife• baking tray	<ul style="list-style-type: none">• 2 bunches of kale• 2 tablespoons of olive oil• 1 teaspoons of salt

What to do:

1. Preheat an oven to 175 degrees C
2. With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces.
3. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with salt.
4. Bake until the edges brown but are not burnt. This should take 10 to 15 minutes.