



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• colander• Salad spinner• small knife• baking tray	<ul style="list-style-type: none">• 2 bunch kale• 2 tablespoon olive oil• 2 teaspoon salt

What to do:

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