

Kale Chips

Serves: 4

Ingredients Needed:

- 3 cups of kale (about 10 large leaves)
- 2 tsp olive oil
- 1/8 tsp salt (optional)



Directions:

1. Preheat the oven to 350° F.
2. Wash kale and spin dry in a salad spinner.
3. Remove kale leaves from the center stalk and tear into bite-sized pieces.
4. Spread kale pieces out on a baking sheet.
5. Drizzle with olive oil.
6. Sprinkle with salt (optional.)
7. Bake for 15 minutes or until kale is crispy with edges slightly browned.

Variations:

- Kids love to try different seasonings such as parmesan cheese or different herbs. Variations can be used in a taste test to choose the most popular seasoning.