

Baked Kale Chips

Equipment: 2 chopping boards Colander Salad spinner Small knife Baking tray	Ingredients: 2 bunches of kale 2 tablespoons of olive oil 2 teaspoons of salt
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What to do:

1. Preheat an oven to 175°C.
2. With a knife or kitchen shears carefully remove the leaves of the kale from the thick stems. Tear the leaves into large bite sized pieces.
3. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil. Toss the kale in the bowl until the kale is evenly coated in oil.
4. Place the kale in the hot oven and bake until crispy but not burnt. This should take 10 to 15 minutes. Keep an eye on the kale in the oven, because it has a tendency to burn right at the last minute.
5. Prior to eating sprinkle kale with salt.