



**Name of the recipe: Baked Kale Chips**

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**Make sure you have everything you need and place them on your kitchen counter. This is called "mise en place" (in French) to make sure all the ingredients are available at home and you are not disappointed later if you are half way and you are lacking something. Enjoy!**

**Ingredients:**

1. one bundle (bunch) of curly-leaf kale
2. one tablespoon of olive oil
3. one teaspoon of seasoned salt

**Steps to prepare:**

1. Remove the kale leaves from the stems and tear or cut into bite-sized pieces.
2. Rinse the leaves well, making sure to get between the curls.
3. Set the leaves on a paper towel and dry thoroughly; you may also use a salad spinner to speed up the process.
4. Massage each leaf with olive oil and sprinkle with seasoned salt.
5. Line a cookie sheet with parchment paper and lay the kale out in a single layer.
6. Bake 15 - 20 minutes; chips should be crispy but not burnt.

**Time to cook/bake: .....15-20.....mins. Temp:.....150.....°C**