



# Kale Chips

**Ready in 20 minutes, serves 8**

## **Ingredients**

- 2 bunches of kale
- drizzle olive oil
- light seasoning with choice of seasoning

## **Materials**

- measuring utensils
- baking sheet
- large bowl
- parchment paper
- salad spinner
- strainer

## **Directions**

1. Preheat an oven to 350° and line baking sheet with parchment paper
2. Using a strainer wash kale under cool running water and dry using a salad spinner
3. Tear kale into bite-size pieces and remove the stems
4. Completely pat dry
5. In a large bowl toss torn kale inside and drizzle with oil and sprinkle with seasoning
6. Spread season kale onto a baking sheet and bake for about 15 minutes
7. Remove from oven when edges of kale start to brown allow cooling before eating