



COOKING: Kickin' Kale Chips

KITCHEN GEAR:

- Oven or toaster oven
- Cooking sheet
- Measuring cups
- Mixing bowl
- Plates and Napkins

INGREDIENTS:

- 1 head of kale
- ½ tbs olive oil
- salt to taste
- crushed red pepper flakes (optional)

INSTRUCTIONS:

1. Preheat oven to 375 degrees. Then, start by washing and drying the kale. Once kale has been dried, remove the leaves from the stems and tear them into bite-sized pieces.
2. Place kale pieces on the cookie sheet. Make sure the leaves are dry and are not overlapping. Drizzle olive oil and season with salt and crushed red pepper flakes (optional).
3. Place the cookie sheet in the oven and allow the kale to cook for 7-8 minutes at 375 degrees. The kale will shrink and turn bright green.