

# Baked Kale Chips

Fresh from the garden: kale

## Equipment:

metric measuring spoons  
clean tea towel  
chopping board  
cook's knife  
salad spinner  
oven tray  
baking paper  
small bowl  
medium bowl  
serving bowls

## Ingredients:

bunch of kale  
1 tbsp olive oil  
½ tsp salt  
¼ pepper  
¼ mixed herbs

## Method (What to do):

1. Preheat an oven to 175 degrees C.
2. Line an oven tray with baking paper.
3. With a knife, carefully remove the leaves from the thick stems and tear into bite-size pieces.
4. Wash and thoroughly dry kale with a salad spinner.
5. In a small bowl, mix the salt, pepper and mixed herbs.
6. Drizzle kale with olive oil and sprinkle with seasoning salt mixture.
7. Bake until the edges brown but are not burnt, 10 to 15 minutes.
8. Serve in a bowl.