

## Crispy Kale Chips

<u>Equipment</u>	<u>Ingredients</u>
<ul style="list-style-type: none"><li>• Baking tray(s)</li><li>• Baking paper (parchment)</li><li>• Large bowl</li><li>• Wooden spoon or hands for mixing</li><li>• Measuring spoons</li><li>• Oven (adult supervision required)</li></ul>	<ul style="list-style-type: none"><li>• 600 g kale</li><li>• 3–4 tablespoons olive oil</li><li>• Salt &amp; black pepper</li><li>• 1 teaspoon garlic powder</li><li>• 1 teaspoon sweet paprika</li><li>• 3–4 tablespoons grated Parmesan cheese</li></ul>

### Method

#### 1. Prepare the kale

- Wash the kale under cold water.
- Tear the leaves off the thick stems.
- **Throw the stems in the compost bowl.**
- Tear the leaves into **bite-sized pieces.**

#### 2. Preheat the oven

- Ask an adult to preheat the oven to **150°C / 300°F.**

#### 3. Oil and season the kale

- Place the kale pieces in a **large bowl.**
- Drizzle with **3–4 tablespoons olive oil.**

- Sprinkle with **salt and black pepper**.
- Optional: add  $\frac{3}{4}$  **tsp garlic powder**,  $\frac{3}{4}$  **tsp sweet paprika**, and **3–4 tbsp Parmesan cheese**.
- **Massage the kale pieces with your fingers** until the oil and seasonings coat all the leaves — this helps the flavor stick and makes the kale softer.

#### 4. **Arrange on baking tray**

- Line baking tray(s) with **baking paper**.
- Spread the kale leaves in a **single layer**, not overlapping.

#### 5. **Bake the kale**

- Ask an adult to place the tray in the oven.
- Bake for **15–20 minutes**, checking at 10 minutes, until the edges are **crispy but not burnt**.

#### 6. **Cool and serve**

- Remove the tray from the oven (adult help).
- Let the kale chips **cool for a few minutes** — they will get crunchier as they cool.