Crispy Kale Chips

Season: Winter

Difficulty: Easy

Fresh from the garden: Kale

Recipe source: Super Food Ideas May 2014

Equipment:
Baking trays
Baking paper
Salad spinner
Knife
Chopping board
Bowl
Measures

Ingredients:
1 bunch curly Kale
2 Tablespoons Olive oil
1 teaspoon paprika
Sea salt

What to do:
Preheat the oven to 160C.

Line 3 large baking trays with baking paper.

Trim centre veins from kale and discard.

Roughly chop kale.

Place oil, paprika and kale in a large bowl.

Toss to coat.

Spread kale in a single layer, on prepared trays.

Bake for 15 – 20 minutes or until crisp.

Turn kale halfway through cooking.

Sprinkle with sea salt and serve.

Notes: Try adding a pinch of dried chilli flakes or smoked paprika, or toss through 2 thinly sliced garlic cloves before baking.