



## In the Kitchen with Infants Students

### KALE CHIPS

FRESH FROM THE GARDEN: Kale



Lemons



Blueberries



Tomatoes

#### Ingredients

6 kale stems  
1-2 teaspoons oil  
 $\frac{1}{4}$  teaspoon salt

#### Equipment



#### Method

1. Preheat the oven to 150°C.
2. Wash and thoroughly dry the kale with a salad spinner or paper towel.
3. Remove the kale leaves from the stems then tear into piece. Place the torn and dry kale into a mixing bowl.
4. Add the oil and salt to the mixing bowl and gently massage the kale until all pieces are lightly coated in oil.
5. Lay the kale in one single layer on a baking sheet and cook for 8 minutes. Rotate the baking sheet and cook for an additional 2 to 6 minutes, checking every minute or two to ensure it's not burning.