Greenmarket Kids Recipe Series

CRISPY KALE CHIPS

DID YOU KNOW: the color of kale ranges from light green to a rich purple? One variety of kale, called Tuscan Kale has earned the nickname Dino Kale because its leaves are bumpy and tough like dinosaur might feel. Kale is loaded with Vitamin K, which is great for the health of your bones and your brain, and Vitamin C, which keeps you from getting sick during the winter months!

Serves 2 to 4

Ingredients:
- 1 bunch of kale*
- 1 tablespoon olive oil
- Salt

Equipment:
- large bowl
- baking sheet
- parchment paper (optional)

* Ingredients available seasonally at your neighborhood Greenmarket

Instructions:
1. Preheat oven to 300° degrees. If you have it handy, line your baking sheet with parchment paper to reduce your clean up time.
2. Rinse kale well and pat dry.
3. After washing your hands, begin to remove the hard ribs, or stalks, running down the center of the kale leaf by tearing the greens off with your fingers in rough pieces.
4. Place all of your torn kale in a large bowl and pour the oil and desired amount of salt (start with a small amount - you can always add more!) over the leaves.
5. Roll up your sleeves and start tossing the leaves with your fingers in the olive oil and salt, taking time to rub each one so they are slick and shiny.
6. Spread out the leaves in one even layer on your baking sheet and place in the oven for 20 minutes or until crispy.
7. With an adults help, pull out the baking sheet, allowing the crispy chips to cool before eating.
8. Eat 😊!

GET CREATIVE: Add your favorite spices or grated cheese to this recipe to give the chips an extra kick!