Kale Chips

From the garden: Kale

<table>
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<th>Equipment:</th>
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| ● 2 large baking trays  
● Non-stick baking paper  
● Large bowl  
● Serving spoon  
● Measuring spoons  
● Salad spinner / tea towels | 20 kale leaves (stem removed)  
3 tablespoons olive oil  
½ teaspoon salt  
1 teaspoon sugar |

Method:
1. Heat oven to 150C.
2. Line 2 large baking trays with non-stick baking paper.
3. Wash the kale leaves and dry well in clean tea towels/salad spinner.
4. Remove the stems from kale and tear into bite size pieces.
5. Combine olive oil, salt and sugar in a large bowl.
6. Add kale leaves and toss to coat in oil mixture.
7. Spread kale out in a single layer on prepared trays.
8. Bake for 15 minutes or until leaves are crisp. Check frequently as the kale chips can quickly burn.
9. Serve into 5 large serving bowls.