



# SKILL CARD

## How to: KALE CHIPS

### Step 1:

Preheat oven to 300 degrees F.

### Step 2:

Remove the stem, and rip into potato chip sized pieces.

### Step 3:

Dry kale THOROUGHLY.

### Step 4:

Place kale in a large bowl. Add in a splash of olive oil, salt, pepper, and any other spices you'd like.

### Step 5:

Use your hands to massage the kale to ensure olive oil is fully coating each piece.

### Step 6:

Spread kale out evenly on a baking sheet. You should see empty space between each piece.

### Step 7:

Place into the oven and bake for about 20 minutes, or until crispy.

**Step 8:** Rotate pan after 10 min.

### Flavors We Love:

Add chili powder, berbere, cumin, and/or garlic powder.

