

Baked Kale Chips

Type: Side dish **Serves:** 32 Tastes **Recipe source:** Gluten Free Girl and the Chef
Fresh from the garden: Kale

Cooks Note: Kale is rich in minerals, antioxidants and vitamins K, C and A. The tastiest way to get your greens!

<p>EQUIPMENT:</p> <p>Measuring Spoons Small white/yellow Bowl Large Red Bowl Salad Spinners Paper Towels 2 baking trays Clean tea towels Tongs</p> <p>TO SERVE:</p> <p>3 small square plates and small serving tongs</p>	<p>INGREDIENTS:</p> <p>1/2 teaspoon salt 1/4 teaspoon smoked paprika 1/4 teaspoon granulated garlic 12 Kale leaves 1 to 2 tablespoons extra-virgin olive oil</p>
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What to do:

1. Preparing to bake. Preheat the oven to 350°. Line 2 baking trays with baking paper.
2. Combine the salt, smoked paprika, and garlic in a small bowl. Set aside
3. Making sure the sink is clean half fill sink with cold water and wash the kale leaves thoroughly.
4. Drain water and repeat process rinsing the kale leaves again. Put Kale leaves in dish drainer on sink to drain.
5. Shred leaves into smaller pieces about the size of potato chips.
6. Working in batches spin the leaves in the salad spinners until the leaves are very dry. Put spun leaves onto clean tea towel and pat dry gently with paper towels. The leaves need to be bone dry.
7. Put the kale leaves in a large bowl. Drizzle over 2 tablespoon of the olive oil. Massage the oil into the leaves until they are well coated in oil. You might need more oil. Use your judgment.
8. Arrange the kale chips onto the baking trays and slide into the oven.
9. **Bake until the leaves are crisp to the touch BUT STILL GREEN.** (When they turn brown, they turn bitter.) Check at the 12-minute mark, to be sure.
10. Remove them from the oven. Sprinkle with the garlic smoked paprika salt and toss with tongs.
11. Let them cool a bit. Eat.

