

KALE CRISPS



QUICK

Less than 15 mins

HEALTHY

Kale contains a lot of Vitamin K, which is a nutrient critical for blood clotting.

FAMILY

Feeds 5

MEALS

This is a great alternative to crisps and is great when the kids get back from school. Also works well as a starter.

INGREDIENTS

- 300g kale
- Big drizzle oil – I use rapeseed oil
- 2 large pinches sea salt

METHOD

- 1) Put the oven onto 180°C
- 2) Remove the thick stalks from the kale
- 3) Chop or rip into approx. 3cm pieces and place in a single layer on a large oven tray.
- 4) Do not put too much on one tray or it will steam (and go soggy) rather than bake (and go crispy)
- 5) Drizzle with oil - mix
- 6) Sprinkle with salt
- 7) Put in the oven for 8 mins – Check and mix
- 8) Put on for another 5 mins
- 9) Check and mix
- 10) Repeat till ready but only at 1-2 minute intervals. Be careful to keep your eyes on it so it doesn't burn.



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com