

Kale crisps

If your child does not like eating green veg, try kale crisps! This is a great recipe children can do with minimal help: they can remove the stems, tear the leaves and massage the oil into the leaves.

While they do that they become familiar with the vegetable and having made the crisps themselves they are more likely to try it.



Ingredients:

- 1 large bundle curly green or purple kale or Cavalo nero
- 1 or 2 tablespoon olive oil or rapeseed oil
- Seasonings of choice (i.e. pinch of salt, 1 teaspoon cumin, curry powder or paprika powder)

Instruction:

- Pre-heat oven to 110C.
- Rinse and thoroughly dry kale by putting it in a tea towel and rolling it up tight to squeeze out the water.
- Tear the kale into small pieces and discard any stems.
- Add to a large mixing bowl, drizzle with oil and massage the kale. Add your seasonings and toss thoroughly to combine.
- Spread the kale in a single layer over one or two baking trays and place it in the oven.
- Bake for 15-20 minutes, then turn the baking tray around, and lightly toss the kale to ensure an even baking.
- Bake for 5-10 minutes more, until kale is crispy and very slightly golden brown. You may want to turn the oven off but keep the kale in the oven a little longer if the kale can do with becoming a little more crisp. Watch closely as it can burn easily.
- Remove from oven and let it cool.
- Enjoy immediately as crisps or as a sprinkle on food. Best when fresh!