



## *The Edible Garden*

Recipe featured at the *Cooking for Kids* demonstration, August 31

### **Baked Dinosaur Kale Chips**

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#### **Ingredients**

- 1 bunch kale
- 1 tablespoon olive oil
- 1 tablespoon vinegar (any kind)
- 1 teaspoon coarse salt

#### **Instructions**

1. Preheat an oven to 350 degrees Fahrenheit.
2. With a knife, kitchen shears, or your hands, remove the kale's leaves from the thick stems and tear into bite size pieces (about the size of 2 quarters). Wash and thoroughly dry kale with a salad spinner.
3. In a large bowl or large freezer bag, drizzle kale with olive oil and vinegar and sprinkle with seasoning salt. Cover the bowl with plastic wrap or zip the bag with some air in it and shake your ingredients together.
4. Place kale pieces on a baking sheet and bake until the edges brown but are not burned—about 10 minutes—but check often so they don't burn.