

# Recipe

## Parmesan Kale Chips

### INGREDIENTS:

1 bunch of fresh kale  
1-2 T. Olive oil  
2 T. shredded Parmesan  
cheese  
salt to taste

\*Caution: Always check for allergies  
before serving foods. Make  
substitutions as needed

### DIRECTIONS:

Preheat the oven to 350°F, and line a large baking sheet with parchment paper.

Rinse and dry the kale. Gather all of the ingredients and set them out so the children can see them.

After they have washed their hands, invite the children to help prepare the kale. Have children place the kale leaves in a large mixing bowl.

Drizzle the kale with the olive oil, season with salt, and toss it with your hands to coat the leaves well.

Arrange the leaves on the prepared baking sheet, leaving space between them so they will crisp. Bake for 10 minutes, remove from heat, and sprinkle with Parmesan cheese (adult only). Bake for an additional 3 minutes.

Remove from the oven, and allow the kale chips to cool for about 10 minutes. They will continue to crisp up as they cool

