



**Seasonal Eating Demo with Carol Muncer
Open Farm Day – July 13th, 2024**

Kale Chips

Wash kale, remove the main stem and allow to dry (a salad spinner works well for this). Break the leaves into pieces and place in a bowl. Add a small amount of vegetable oil of your choice and thoroughly mix with the hands so that each leaf is lightly coated with oil. **DON'T BE OVER GENEROUS WITH THE OIL.** Season as desired.

Oven Method: Place in a single layer on a cookie sheet in the oven set at 300-325 F. Cook 10 to 20 minutes until crispy watching very carefully as they can burn easily.

Air fryer Method: Place in a single layer into the air fryer, cook at 350-380 F for 2 minutes, stir and cook another 1-3 minutes until crispy.

Seasoning: seasoning can be added following the oil and massaged into the kale prior to placing on the cooking tray. Or it can be applied to the kale after placing the kale on the cooking tray like salting your meal.

Options for seasoning: salt only, any flavored 'popcorn seasoning', or any combination of the following to taste: garlic or onion powder or salt/ paprika/ hot pepper/ parmesan cheese/ other herbs etc. For sweet and salty add honey, maple syrup, or any sweetener along with salt and seasonings.