Derek prepared kale chips, soup, and salad, and also provided the group with the nutritional value of kale as well as growing information.

On the ANDI scale ("aggregate nutrient density index"), kale is 1,000, compared to soda which is a 1.

Kale contains vitamin A, C, and K.

**KALE CHIPS**

Dinosaur kale is better for making chips than curly kale because it lays flatter on the pan.

To make kale chips:

- Remove the stems.
- Soak and rinse kale with veggie wash.
- Dry well.
- Cut into bite size pieces.
- Coat with olive oil and sprinkle with sea salt.
- Lay on baking sheet (parchment paper, optional).
- Bake in convection oven at 300 for 15-20 minutes.

Option: Sprinkle with furikake.

**KALE SOUP**

- Saute in olive oil:
  - 6 cloves garlic, chopped
  - 3 round onions

- Combine with the following:
  - 3 cans stewed tomatoes
  - 3 cans chick peas (garbanzo beans)
  - 2 boxes chicken broth

To create a thicker soup, osterize half of the chick peas with some liquid.