



Cook

## Arlo's Kale Chips

Total Time	Prep Time	Cook Time
3h 15m	15m	3h

In *The Good Dinosaur*, Arlo and Spot learn all about plants on their journey home.

Teach your little ones about the importance of eating greens with this healthy twist on a crunchy snack.

*The Good Dinosaur* asks the question: What if the asteroid that forever changed life on Earth missed the planet completely and giant dinosaurs never became extinct? In this epic journey into the world of dinosaurs, an Apatosaurus named Arlo makes an unlikely human friend in Spot.

[Play Trailer](#)

## What You'll Need

- 2 heads curly kale
- 1-2 tablespoons olive oil
- 1 teaspoon salt
- 1 large lemon
- 50ml reduced salt soy sauce

## How To Make It

- 1 Tear the kale leaves off the stem.
- 2 Toss the kale with olive oil, lemon juice, salt and soy sauce.

- 3 Place on two sheet trays in a 60F/40C oven for three hours.
- 4 Take out of oven and let cool before storing.

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