



# Nasturtium Chips

Nasturtium, or Tropaeolum majus are an easy to grow, beautifully flowering, and edible garden annual. With their hot, peppery taste, substituting them into a kale chip recipe would make for a great afternoon snack (high in Vitamin C, too!)

## **INGREDIENTS:**

- Nasturtium (Tropaeolum Majus) leaves (flowers are also edible)
- Olive oil
- Salt (for taste)

## **METHOD:**

1. First, cut some leaves off you plant
2. Next, wash and thoroughly dry leaves. Coat in olive oil (a little goes a long way), place on a cookie sheet, and add a dash of salt
3. Bake at 140-150°C for about 10 minutes (until brittle)

\*\*\*WARNING: If you are looking to enjoy these in the gorgeous weather outside on the porch, keep in mind they will blow right out of your hand and you will have to fight off the birds to get a taste\*\*\*

