

# Video Transcript: How to Make Kale Chips

With Trini Kaopuiki and Mama T

Trini: Coming up on Living 808...

We head into the kitchen...

To whip together a healthy, delicious and quick snack...

With Mama T from Down to Earth...

She'll show us how to make Kale chips...

This is a nutritious snack your family is sure to love...

Taizo Braden: Mmm... that does sound good actually...

We all have active lifestyles here in Hawaii...

[Laughter]

Alright... coming up on Living 808...

Are you looking for a yummy and healthy snack for the whole family?

Mmm....hmm.

We've got just the thing for you...

Mama T from Down to Earth...

Will teach us how to make a delicious snack...

Using the super green Kale...

All of that when Living 808 returns...

[Music Playing]

Now it was voted vegetable of the year...

In 2011...

We are talking about Kale...

Taizo: Ahhhh

Trini: The healthy veggie is versatile...

It can be eaten raw, in soup, sauteed...

And even in smoothies...

Taizo: Wow... now Mama T joins us from Down to Earth...

Where she talks about the super green...

Yummy food...

And teaches us how to make a quick, easy, delicious snack...

Trini: We're in the jungle...

A jungle of Kale...

We are here at Ferguson showroom with Mama T...

With Down to Earth, and...

We are talking about greens today...

But specifically... Kale...

Mama T: Right... to eat your greens....

So, we really want to encourage people to eat more greens...

And specifically Kale...

Because there's so many varieties...

And you can make it a million different ways...

Trini: And didn't you say that Kale won the vegetable of the year award?

Mama T: Yes... for 2011...

It was vegetable of the year...

[Laughter]

Trini: I'm surprised it was only 2011...

Mama T: Right...

Trini: Because Kale is so popular...

And like you said... there's so many different ways to eat it...

Mama T: Right... and it's really easy to grow...

In your yard or in a little pot on a lanai...

And It'll give you leaves for two years...

That you can just keep cutting...

And incorporating into your recipes...

Trini: Let's talk more about Kale...

Because this kind of leaf...

I recognize...

Mama T: Right...

Trini: That looks like Kale to me...

Mama T: Yes...

Trini: But this one I've never seen...

Mama T: Ok... so this is the curly Kale...

And this is the Dinosaur or Lacinato Kale...

And they're both really, really delicious...

This one has a little bit thicker skin...

And so... I like to do that in sautés...

And I also like to make raw wraps out of them...

Where they're like the taco shells...

Trini: Ooooo

Mama T: And so...

But both of them are full of protein...

Full of calcium...

Full of fiber... I mean...

Everything that we need in our daily diet...

So... this is a great way to increase your greens...

By using Kale...

Trini: Alright... what are we making today?

Mama T: We're making Kale chips...

Trini: Ok... perfect.

Mama T: And you've made 'em before...

Trini: I have made them...

And I admit... my kids didn't love them...

But I'm sure I messed it up somehow...

[Laughter]

Because when I had Kale chips...

And they've actually had it at other people's houses...

And they really did like it...

Mama T: Ok... well we're going to get you on a new version....

And maybe they'll like this one...

Trini: We'll try...

Mama T: Because my daughter eats the whole bag....

One day... if I make this one...

So we're going to start with our [cashews]...

Those aren't cashews...

Those are Sunflower seeds...

Trini: Sunflower seeds...

Mama T: So we've soaked them...

And then I soaked them for about a couple of hours...

We're also going to put...

You're going to put a pinch of this...

Red pepper chili flakes...

And for the Cayenne...

We're going to put in some red onions...

Oh... you're doing so good Trini...

You're going to put in red onions...

We're going to put in some bell peppers...

You can go ahead and put all of that...

Give a couple shakes of the Italian Seasoning...

Trini: Really?

Mama T: Yup... go ahead... you can do it...

Trini: Ok...

Mama T: And then... we're going to put in...

Trini: More?

Mama T: Actually... that's really good.

That's good.... we're going to put in some nutritional yeast...

Go ahead and put all of that...

Trini: All of it?

Nutritional yeast is sold in our bulk section...

It's fortified with vitamin B12...

But it's a wonderful cheesy...

Nutty vegan alternative...

That gives it those wonderful...

So I just salt and peppered...

This as well...

We're going to add some water...

And then we're going to put the lid on...

And we're going to blend this up...

To make our very viscous sauce...

That we're going to toss with our Kale...

Trini: What did I do with the lid?

Mama T: Oooop... I got it right here.

Trini: Ok...good.

Mama T: We're going to get your food processor out of the box Trini...

[Laughter]

[Blending Sound]

Ok... perfect.

Trini: Good?

Mama T: Alrighty... ok.

So... I know it's really fast.

Trini: Ok... wait... are you pouring this onto the Kale...

Before you put it in the dehydrator?

Or...

Mama T: Yes... we're going to toss this...

But we want to keep these Kale pieces largely intact...

And we're going to teach you how to de-bone the Kale...

And we're going to take our fingers along the ribs...

And we're just going to pull it like this...

Trini: Aaaahhhh...

Mama T: So I'm going to have you do one Trini...

Trini: Ok...

Mama T: You can do it...

So downward... and then you're just going to pull along the bone...

Trini: So this could be why my kids didn't like it...

I don't think I added any kind of seasoning or anything...

Mama T: Did you just put Kale in the oven?

[Laughter]

Trini... Trini we gotta put flavor inside it...

Trini: That's why we need you Mama T...

And I'm sure I'm not alone...

I'm sure there's somebody else at home...

That is as hopeless in the kitchen as I am...

But you can find this recipe on your website...

Mama T: Absolutely... [DowntoEarth.org](http://DowntoEarth.org)...

Trini: Ok... Se we're going to finish this up in our next segment...

Is that ok?

Mama T: Ok... Yes... We gotta get it right...right?

Trini: I'm so proud of myself...

Look... Look how good this is...

I'm doing it right...

Thanks to Mama T there is hope for me yet...

Taizo Braden: She's such a great teacher isn't she?

Trini: I love her...

Taizo: That's cool...and again Kale is such a...

Very flexible... And you can use this for so many different things now...

Trini: But I will say...when done right...

Taizo: Yes?

Trini: Not the way I did it at home....

[Laughter]

Kale chips is really delicious...

Taizo: Yeah... And it looks like fun to make with the kids...

If you want to have fun with the family...

Trini: Yeah...it's easy...

It's easy that they can help you make...

There we go...

Trini: Just don't forget to season it...

That was the key... Seasoning right?

Trini... Your skills are getting much better every time we do this....

Trini: They can only get better Taizo...

Taizo: That's true... They can only get better...

[Laughter]

You know... Coming up on Living 808...

This is actually really important...

Is your vision blurry... Are your eyes sensitive to light?

Check out the recipe on the Down to Earth website:

<https://www.downtoearth.org/how-to-videos/videos/how-to-make-kale-chips> .