



# Cooking *in the* Kitchen at Olums

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*Cooking Delicious Recipes  
that are Easy & Nutritious!*  
**Olums.com**

## Ranch Kale Chips

Serves 3-4

### Ingredients:

- 1 bunch Tuscan or curly kale (about 4 cups)
- 3 Tbsp olive oil
- 3 tsp Hidden Valley Ranch seasoning mix (or similar)

### Directions:

1. Preheat oven to 275° F. Prepare two baking sheets with parchment paper.
2. Wash and dry kale thoroughly. Remove the tough inner ribs from each kale leaf. Cut into 1-inch pieces.
3. In a bowl, toss the kale with olive oil and salad dressing mix. Use your hands to help the seasoning adhere to the kale.
4. Spread leaves in single layers on the prepared baking sheets.
5. Roast at 275° F for 20-30 minutes, stirring once throughout.