

Roasted Sweet Potato And Kale Salad

Prep Time 10 mins
Total Time 30 mins

Meal Type Lunch,Dinner
Contributed By



Source Adapted from [Living Plate](#)

Servings 4



Ingredients

- 6 Tbs white balsamic vinegar
- 4 Tbs olive oil
- 2 garlic cloves, *pressed or minced* small cloves
- 2 tsp maple syrup
- salt to taste

Ingredients

- 8 cup kale, *shredded*
- 1 sweet potato, *peeled and chopped* cut into bite sized cubes
- 1/4 cup raw walnuts
- 1/2 cup feta cheese , *crumbled* optional

Directions

Make

1. Add remaining oil, vinegar, garlic, and maple syrup in a mason jar. Shake to emulsify.

Directions

Prep

1. Wash and shred kale, removing spines first.
2. Peel and chop sweet potato.
3. Preheat oven to 350°F.

Make

1. Place sweet potato in a bowl and toss with 1 tablespoon olive oil and few dashes of salt. Place on parchment-lined baking sheet and bake until soft and edges are browned; about 20 minutes.
2. Meanwhile, place kale in large bowl. Massage for 3 minutes until softened.
3. When sweet potatoes are done, remove from oven and let cool. Add to kale along with walnuts and feta cheese [if using].
4. Toss with dressing just before serving.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "~" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

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* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -

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