

# Spiced Sweet Potato & Kale Salad

*This salad is the perfect side item to bring to your family's thanksgiving or a friendsgiving. Add some leftover turkey for a tasty lunch the next day!*

<b>YIELD</b> <b>6 SERVINGS</b>	<b>PREP TIME</b> <b>15 MIN</b>	<b>TOTAL TIME</b> <b>40 MIN</b>
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## INGREDIENTS

*For the Salad:*

1 lb.	Sweet Potato, peeled, cut into cubes (about 2 cups)
1 Tbsp	Olive Oil
1/2 tsp	Thyme, dried
1/2 tsp	Chipotle Chili Powder
1/4 tsp	Garlic Powder
1/4 tsp	Kosher Salt
1/8 tsp	Black Pepper
1 bunch	Kale, (about 6 cups chopped)
1/2 cup	Dried Cranberries, reduced sugar
2 oz	Goat Cheese, crumbled
1/2 cup	Pecans, roasted and chopped

*For the Dressing:*

4 Tbsp	Extra Virgin Olive Oil
2 Tbsp	Apple Cider Vinegar
2 tsp	Maple Syrup
2 tsp	Dijon Mustard
1/4 tsp	Kosher Salt
1/4 tsp	Black Pepper



## CHEF'S NOTES

Kale is one of the most nutrient dense foods in the world. It is packed with vitamins A, K, and C as well as antioxidants which all keep us healthy in these fall and winter months. Kale tends to be tough and fibrous, but massaging it makes it easier to chew. You can either massage it with the dressing like we do in this recipe or with just your hands!

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat the oven to 425°F and line a baking sheet with foil or parchment paper.
2. In a large bowl, toss the sweet potatoes with the olive oil, thyme, chipotle powder, garlic powder, salt and pepper. Add to the baking sheet in an even layer. Roast for 15-20 minutes, flipping halfway through, until sweet potatoes have caramelized and are fork tender. Remove from oven and let cool completely.
3. Make the dressing by adding the extra virgin olive oil, vinegar, maple syrup, Dijon mustard, salt, and pepper to a bowl and whisking until smooth.

4. In a large bowl add your kale and pour half the dressing over it. Using your hands massage the dressing into the kale for 1-2 minutes or until softened.
5. Add your sweet potatoes, cranberries, goat cheese, and pecans to the massaged kale then drizzle the remaining dressing on top and toss together.

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving Size</b>	<b>1 1/2 cups of salad (110 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>280</b>
	<b>% Daily Value *</b>
<b>Total Fat 21g</b>	<b>27%</b>
Saturated Fat 4g	<b>20%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 270mg</b>	<b>12%</b>
<b>Total Carbohydrate 22g</b>	<b>8%</b>
Dietary Fiber 3g	<b>12%</b>
Total Sugars 11g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein 4g</b>	<b>8%</b>
Vitamin D 0.05mcg	0%
Calcium 70mg	6%
Iron 1mg	7%
Potassium 300mg	6%
<small>*The % 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.</small>	

