



Roasted Sweet Potato And Kale Salad

Prep Time 10 mins
Total Time 30 mins
Meal Type Lunch,Dinner
Contributed By **LivingPlateRx**
Source Living Plate Teaching Kitchen



Servings 4

Salad

Ingredients

lb,c g,ml

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

Directions

Prep

1. Wash and shred kale, removing spines first.
2. Peel and chop sweet potato.
3. Preheat oven to 400°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.

Dressing

Ingredients

lb,c g,ml

- 6 Tbs white balsamic vinegar

Directions

Make

- 4 Tbs olive oil
- 2 cloves garlic
- 2 tsp maple syrup
- salt, *to taste*

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

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.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories	293	Total Fat 23.1g	35%	Total Carbohydrates 17g	5%
		Saturated Fat 4.9g	24%	Dietary Fiber 3g	12%
		Trans Fat 0.0g		Total Sugars 8g	
		Cholesterol 17mg	5%	Protein 6g	
		Sodium 260mg	11%		
Vitamin D 0mcg 0% · Calcium 229mg 22% · Iron 1mg 8% · Potassium 340mg 7%					

* 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 -](#)