

ROASTED YAM AND KALE SALAD

Yield: 6 Servings



TOTAL TIME: 1 hour 15 minutes

INGREDIENTS

- 2 jewel yams (cut into 1-inch cubes)
- 2 Tbsp. olive oil
- Salt and pepper to taste
- 1 onion (sliced)
- 3 cloves garlic (minced)
- 1 bunch kale (torn into bite sized pieces)
- 2 Tbsp. red wine vinegar
- 1 tsp. fresh thyme (chopped)

PREPARATION

Preheat oven to 400 degrees

1. Toss the yams with 2 Tbsp. of olive oil in a bowl. Season to taste with salt and pepper, and arrange evenly onto a baking sheet.
2. Bake in the preheated oven until the yams are tender, 20–25 min. Cool to room temperature in the refrigerator.
3. Meanwhile, heat the remaining 1 Tbsp. of olive oil in a large skillet over medium heat. Cook and stir the onion and garlic until the onion has caramelized to a golden brown, about 15 min. Stir in the kale, cooking until wilted and tender. Transfer the kale mixture to a bowl, and cool to room temperature in the refrigerator.
4. Once all the ingredients have cooled, combine the yams, kale, red wine vinegar and fresh thyme in a bowl. Season to taste with salt and pepper, and gently stir to combine.

NUTRITION

Per serving: Calories: 274; Fat: 7.5 g; Cholesterol: 0 mg; Carbohydrates: 49.2 g; Fiber 7.7 g; Protein: 5 g; Sodium: 111 mg.

Recipe courtesy of All Recipes