

# Roasted Yam and Kale

Makes: 6 servings



**Total Time: 30 minutes**

**Ingredients:**

- 2 jewel yams, cut into 1 inch cubes
- 3 Tbsp. D'Avolio Mushroom and Sage infused olive oil
- Salt and pepper to taste
- 1 onion, sliced
- 2 cloves garlic, minced
- 1 bunch kale, ribs removed, torn into bite sized pieces
- 2 Tbsp. D'Avolio Barrel Aged Pinot Noir wine vinegar

**PREPARATION**

1. Preheat oven to 350 degrees. Toss yams with 2 Tbsp. of D'Avolio olive oil. Arrange evenly on baking sheet and sprinkle with salt and pepper. Roast in oven until tender, about 20-25 minutes or longer.
2. Meanwhile, heat remaining oil in a large skillet over medium heat. Add onions and cook until golden brown, about 10 minutes. Add garlic and kale, cooking until kale has wilted, about 10 minutes. Add a small amount of water to the pan if the garlic begins to brown.
3. Transfer kale and yams to a large bowl. Drizzle with D'Avolios vinegar and sprinkle with salt and pepper to taste and gently toss to combine. Serve warm.

**Nutrition:** 134 calories; 7g fat; 16g carbohydrates; 3g protein; 3g fiber; 149mg sodium

