

ROASTED SWEET POTATOES WITH CRISPY KALE

Yield: 6 Portions

Ingredients	Amounts
Sweet Potatoes, large, washed, diced, 1/2" cubes	3 ea.
Kale, washed, chopped, 1-inch pieces	1 bu.
Olive oil	4 Tbsp.
Salt	1 tsp.
Red pepper flakes	1 tsp.

Method

1. Preheat oven to 400°F.
2. Toss diced sweet potatoes and chopped kale separately with olive oil, salt and red pepper flakes.
3. Bake separately, turning every 5 minutes for 20 minutes or until tender and slightly browned, tossing occasionally.
4. Serve tossed together for a colorful side.

Nutrition Information (per serving/portion)

Calories: 150 / Protein: 2 g / Carbohydrate: 16 g / Fiber: 2.5 g / Carbohydrate to fiber ratio: 6.5
Saturated fat: 1.5 g / Polyunsaturated fat: 1 g / Monounsaturated fat: 6.5 g
Trans fat: 0 g / Sodium: 235 mg / Potassium: 220 mg / Added sugar: 0 g

Source: Auden McClure, as presented at the 2020 Healthy Kitchens, Healthy Lives® conference.
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