



Fall Kale Salad

SERVINGS: 8

PREPPING TIME: 10 MINS

COOKING TIME: 20-25 MINS

INGREDIENTS

- 8 cups kale, chopped
- 1 medium sweet potato, peeled and cubed
- 2 tbsp. extra-virgin olive oil (plus extra for roasting sweet potato)
- 3 tbsp. apple cider vinegar
- 1 tbsp. Dijon mustard
- 1 tbsp. pure maple syrup
- 1 small garlic clove, finely minced
- 1/4 tsp. kosher salt
- Freshly ground black pepper, to taste
- 2 red apples, chopped into bite-size pieces
- 1/2 cup pumpkin seeds, toasted
- 1/4 cup crumbled reduced-fat feta cheese

DIRECTIONS

1. Preheat the oven to 400°F (200°C). Toss the cubed sweet potato with a drizzle of olive oil, salt, and pepper. Spread on a baking sheet and roast for 20-25 minutes, or until golden brown and tender. Let cool slightly.
2. In a large mixing bowl, combine the chopped kale with a little olive oil and massage the leaves for 2-3 minutes to soften them.
3. In a jar with a fitted lid, combine the olive oil, apple cider vinegar, Dijon mustard, maple syrup, garlic, salt, and pepper. Shake vigorously until emulsified.
4. Pour the dressing over the kale and mix until thoroughly coated. Add the roasted sweet potatoes, chopped apples, feta cheese, and pumpkin seeds. Toss gently to combine and serve!

NUTRITION

Serving size: 1 1/2 cups
(per serving) 109 calories, 5g fat, 0.9g saturated fat, 1.3mg cholesterol,
184.3mg sodium, 14.6g carbohydrate, 3.2g fiber, 7.2g sugar, 2.5g protein