

Roasted Yam & Kale Salad

Adapted from allrecipes.com

Makes 4 to 6 servings – use as side dish or as a main light meal

Ingredients:

2 jewel or garnet yams, peeled and cut into 1-inch cubes

2 tablespoons olive oil

salt & fresh ground pepper to taste

1 tablespoon olive oil

1 medium onion, sliced thin

3 cloves garlic, minced

1 large bunch of black Tuscan kale, cleaned and chopped

2 tablespoons red wine vinegar

1 teaspoon chopped fresh thyme

Directions:

Preheat oven to 400 degrees F. Toss the yams with 2 Tbs. olive oil in a bowl. Season to taste with salt & pepper and arrange on a baking sheet in a single layer.

Bake the yams until tender, about 20 to 25 minutes. Cool to room temperature in the refrigerator.

While yams are cooling, heat the remaining 1 Tbs. of olive oil in a large skillet over medium heat. Cook and stir the onion and garlic until onion has caramelized to a golden brown, about 15 min.

Stir in the kale, cooking just until wilted and tender, but still bright green. Transfer the kale mixture to a bowl and cool to room temperature.

Once all ingredients have cooled, add the vinegar & thyme to the kale mixture, mix well, then add the yams. Season to taste with salt & pepper and gently stir to combine.

This dish can be served room temperature or warm.

Variations: Replace 1 tablespoon of the red wine vinegar with balsamic vinegar for a sweeter, deeper flavor. Add some toasted walnuts, sunflower seeds and/or feta cheese to make this a more hearty, one-dish light meal.