

Seasonal Eating

Sweet Potato and Kale Salad

1 medium sweet potato, peeled and cut into 1/2" cubes
7 tablespoons olive oil, divided
kosher salt
black pepper
4 cups thinly sliced kale leaves, (ribs removed and washed well before slicing)
2 sliced green onions, sliced
1 tablespoon + 2 teaspoons fresh lemon juice, divided
1/8 teaspoon kosher salt
5 tablespoons molasses, divided
2 teaspoons fresh lemon juice
1 (8-ounce) can mandarin orange segments, drained

In a medium bowl, toss sweet potato cubes with 1 tablespoon olive oil and a pinch of salt and pepper. Spread in a single layer on a baking sheet lined with a silpat or parchment paper. Bake at 400 degrees for 20-30 minutes until tender and lightly browned.

While the sweet potatoes roast, toss the kale, green onion, 1 tablespoon lemon juice and 1/8 teaspoon salt together. In the sweet potato bowl, whisk together, 4 tablespoons molasses and remaining 2 teaspoons lemon juice. Slowly drizzle in remaining 6 tablespoons olive oil while whisking. Pour over the kale and toss.

When sweet potatoes come out of the oven, toss with remaining tablespoon of molasses. Stir the oranges into the kale mixture and divide onto 2 plates and top with the sweet potatoes.