

Sweet Potato and Kale Super Salad

Ingredients:

3 Sweet potatoes
2-3 cloves of garlic
2 med cooking onions
One large bunch of kale
Olive Oil
Balsamic Vinegar
Chopped fresh Thyme

Method:

Peel sweet potatoes and cut in approx 1" cubes, toss in olive oil and season to taste with salt, pepper or Spike. Roast at 375 degrees until soft and allow to cool.

Cut the onions (either sliced or cubed) sautee until tender or caramelize. Add the garlic (crushed) to the oil before you add the onions.

Wash the kale, remove stems and tear into bite sized pieces. Add to the onion and sautee until soft. Allow to cool.

Mix the sweet potatoes with the kale and add 1 Tbsp of Olive Oil, 1-2 Tbsp balsamic vinegar, and 1 tsp of finely chopped fresh Thyme.

Toss, and enjoy!