

Kale Salad with Roasted Sweet Potato & Apple

Ingredients:

2 sweet potatoes (about 2 pounds), cut into 3/4-inch pieces
6 tablespoons olive oil
kosher salt and black pepper
3 tablespoons fresh lemon juice
2 tablespoons Dijon mustard
2 bunches Lacinato or curly kale, thick stems removed and leaves torn into bite-size pieces (about 10 cups)
1 Honeycrisp or Macoun apple, thinly sliced
1/4 cup chopped roasted almonds
4 ounces shaved/grated pecorino cheese

Directions:

Heat oven to 400° F. Toss the sweet potatoes with 2 tablespoons of the oil and ¼ teaspoon each salt and pepper on 2 rimmed baking sheets. Roast, rotating the sheets and tossing the potatoes halfway through, until lightly browned and tender, 18 to 20 minutes. Let cool slightly.

Meanwhile, whisk together the lemon juice, mustard, the remaining 4 tablespoons of oil, and ¼ teaspoon each salt and pepper in a large bowl.

Add the kale and rub together with clean hands to tenderize and coat the leaves. Add the apple, almonds, and sweet potatoes and toss to combine. Serve the salad topped with the shaved pecorino.

Notes:

Easily adjusted recipe. Roast whatever veggies you have on hand. Okay to substitute any nuts and Parmesan Reggiano works in place of pecorino.