

Roasted Sweet Potatoes and Crispy Kale

by: Dartmouth-Hitchcock's Culinary Medicine Program

Servings: 8 cups

Prep Time: 30 min

Cooking time: 20 minutes

Ingredients

- 3 large sweet potatoes, washed
- 1 bunch of kale, washed and chopped
- 6 tablespoons olive oil
- 1 teaspoon sea salt
- **Optional spices to use:** red pepper flakes, chili powder, chopped herbs, minced garlic

Instructions

- Pre-heat oven to 400 degrees.
- Dice potatoes into small cubes, toss with olive oil, spice, salt and pepper.
- Wash and chop kale, toss with olive oil, spice, salt and pepper.
- Place veggies on separate trays and roast the kale for 10 minutes, the potatoes for 20 minutes, tossing every 3-5 minutes until the potatoes are tender and slightly browned, and the kale is crispy.

Nutritionist tips

- Substitute different vegetables for roasting.
- Use roasted vegetables in salads, frittatas, rice or whole grain pasta.
- Add some spice!

Nutrition (per serving)

Calories 120, Total Fat 7g, Saturated Fat 1g, Carbohydrates 13g, Protein 1g, Sodium 95mg