Kale & Sweet Potato SALAD
SUPER FOODS SALAD

INGREDIENTS:

FAMILY-SIZE
SERVES: 6
PORTION SIZE: 3/4 CUP

- 1.5 lbs. Sweet Potatoes, diced into cubes
- 1/4 cup Vegetable Oil
- 1/2 med. Sweet Onion, sliced
- 1.5 teaspoons Garlic, minced
- .5 lb. Kale, chopped w/out stems
- 2 tablespoons Apple Cider Vinegar
- 1.5 teaspoons Thyme, fresh, chopped
  or .5 teaspoon Dried Thyme
- Salt & Pepper to taste

SCHOOL FOOD SERVICE
# PORTIONS: 25
PORTION SIZE: 3/4 CUP

- 5.5 lbs. Sweet Potatoes, diced into cubes
- 3/4 cup Vegetable Oil
- 2 each medium, Sweet Onions, sliced
- 2 tablespoons Garlic, minced
- 2.5 lbs. Kale, chopped w/out stems
- 1/2 cup Apple Cider Vinegar
- 1.5 tablespoons Thyme, fresh, chopped
  or 1.5 teaspoons Dried Thyme
- Salt & Pepper to taste

Did you know
there is a
flat-leafed kale
called
"Dinosaur Kale"?

DIRECTIONS:

1. Preheat oven to 350°F. Toss potatoes with 3 tablespoons (food service 1/2 cup) of oil.


3. Heat remaining oil in fry pan, skillet or kettle. Add onion & garlic. Cook approx. 5-10 minutes until onions are golden brown.


5. Combine sweet potatoes, kale, vinegar & thyme. Season with salt & pepper. Gently toss to combine. Can be served hot or cold.