



# JERSEY TASTES! RECIPES

## SWEET POTATO & KALE 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



### DIRECTIONS:

- 1 Preheat oven to 350°F. Toss potatoes with 3 tablespoons (food service 1/2 cup) of oil.
- 2 Place potatoes in single layer on sheet pan. Bake potatoes for 25-30 minutes until tender. Cool potatoes in refrigerator.



**Fun Fact:**  
Did you know you can eat sweet potatoes raw with dip?

**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

**Portion Size: 3/4 cup =  
1/2 c Veg/Red-Orange; 1/4 c Veg/Dk. Green**



- 3 Heat remaining oil in fry pan, skillet or kettle. Add onion & garlic. Cook approx. 5-10 minutes until onions are golden brown.
- 4 Add kale to onion mixture. Cook until wilted & tender. Cool kale mixture in refrigerator.
- 5 Combine sweet potatoes, kale, vinegar & thyme. Season with salt & pepper. Gently toss to combine. Can be served hot or cold.

