



## ROASTED SWEET POTATO KALE SALAD WITH MUSTARD DILL VINAIGRETTE INGREDIENTS

### Roasted Sweet Potatoes

2 sweet potatoes  
2 Tbsp olive oil  
¼ tsp sea salt  
¼ tsp ground pepper  
Mustard Dill Vinaigrette  
⅓ cup olive oil  
2 ½ Tbsp apple cider vinegar  
1 Tbsp Dijon mustard  
1 tsp agave nectar

⅓ cup fresh dill fronds  
½ tsp sea salt  
½ tsp ground pepper

### Kale Salad

¼ cup [Farm Fresh Nuts Dry Roasted California Walnuts Halves & Pieces with Himalayan Salt](#)  
toasted and rough chopped  
1 Tbsp maple syrup  
3 cups kale, finely chopped  
½ lemon, juiced  
½ cup red cabbage, finely chopped  
1 Tbsp fennel, grated  
1 Tbsp chives, finely chopped

### Roasted Sweet Potatoes

1. Preheat oven to 400°F.
2. Chop the sweet potatoes into approximately 2 cm cubes.
3. Toss the sweet potatoes in olive oil, sea salt, and ground pepper and roast in an oven safe baking dish for 25 minutes, tossing half way through.

### Mustard Dill Vinaigrette

1. For a really creamy dressing use a blender to combine all the ingredients. You can also whisk together the ingredients or shake everything up in a jar.

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2. If you aren't using a blender than be sure to finely chop the fresh dill before adding it to the rest of the ingredients.
3. Refrigerate until ready to serve the salad.

### **Kale Salad**

1. \*\* Start assembling these items about 10 minutes before the sweet potatoes are done roasting.
2. Candy the chopped walnut with maple syrup in a non-stick pan heated to medium and cook for approx. 6-8 minutes until they're candied, crispy, and a little bit sticky.
3. After they've cooled you can roughly chop them with a knife or break up the pieces with a fork.
4. In your serving dish massage the finely chopped kale with lemon juice using your hands for a minute or two until it's softer and wilted.
5. Add in red cabbage, 1/2 the dressing, and toss to coat evenly.
6. Place the sweet potatoes on top when they're still warm.
7. Then add candied chopped walnuts on top, as well as grated fennel and chives.
8. Leave the other half of the dressing on the table if people want more with their serving.