ROASTED SWEET POTATOES WITH CRISPY KALE

Yield: 6 Portions

Method
1. Preheat oven to 400°F.
2. Toss diced sweet potatoes and chopped kale separately with olive oil, salt and red pepper flakes.
3. Bake separately, turning every 5 minutes for 20 minutes or until tender and slightly browned, tossing occasionally.
4. Serve tossed together for a colorful side.

Nutrition Information (per serving/portion)
Calories: 150 /Protein: 2 g/Carbohydrate: 16 g/Fiber: 2.5 g/Carbohydrate to fiber ratio: 6.5
Saturated fat: 1.5 g/Polyunsaturated fat: 1 g/Monounsaturated fat: 6.5 g
Trans fat: 0 g/ Sodium: 235 mg/Potassium: 220 mg / Added sugar: 0 g

Source: Auden McClure, as presented at the 2020 Healthy Kitchens, Healthy Lives® conference. Published with permission of the author. All rights reserved.