

JERSEY TASTES! RECIPES

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



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

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**



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.
- 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.