

# MOURAD'S KALE SALAD WITH ROASTED YAMS



## DIRECTIONS

oven to 400 degrees Fahrenheit. Toss yams with 2 tbsp olive oil, salt and pepper. Roast for 25 to 30 mins until tender; let cool.

Heat a tbsp of olive oil in a pan over medium heat. Saute onions for 2 mins. Add garlic and cook 15 more mins until onion is browned. Transfer to a bowl and let cool.

Combine yams and kale in a bowl, add fresh herbs, vinegar, salt and pepper to taste and gently fold to combine.

Options: top your salad with blue cheese or shaved parmesan or toasted nuts.

## SHOPPING LIST

2 to 3 small yams, cut into cubes  
(2 cups)

3 tbsp olive oil

1 large onion, sliced

3 garlic cloves, thinly sliced

1 bunch kale, torn into bite-sized  
pieces

2 tbsp red wine vinegar

2 tbsp chopped herbs (thyme or  
parsley)

Salt & pepper to taste