



Massaged Kale and Sweet Potato Salad

Ingredients

Honey Mustard Vinaigrette

- 2 tbsp lemon juice
- 1 tbsp apple cider (or other) vinegar
- 1 tbsp honey
- 1 tsp coarse-grain mustard
- ¼ tsp salt and pepper
- 6 tbsp olive oil

Salad

- 2 sweet potatoes
- 1 bunch of kale
- ½ Cup pepitas (pumpkin seeds)
- 1 can of chickpeas/garbanzo

Directions:

1. To make dressing, place all ingredients in a bowl. Slowly place the olive oil in last, whisking the dressing as you add the olive oil.
2. Rinse and de-stem kale by grabbing at base of stem and sliding thumb and forefinger up to peel away leaves. Once de-stemmed, chop into uniform bite-sized pieces.
3. Add dressing, get some gloves, and massage into kale. Sing your favorite song from beginning to end!
4. Cut sweet potatoes into 1 inch chunks, rub with olive oil and salt, place in 375 degree oven for ~30 minutes or until crispy on outside, soft on inside.
5. Heat pan, add 1 tbsp olive oil, let heat, then add pepitas. keep pan moving, add salt. Toast until a little brown, careful not to burn.
6. Drain and rinse chickpeas, heat in pot with a little vinegar, salt, honey
7. Toss sweet pot's and chickpeas into kale and top with pepitas-- Enjoy!