

Kale Salad with Roasted Sweet Potatoes

- 2 medium sweet potatoes, cut into 1-inch cubes
- 2 tablespoons olive oil
- salt and freshly ground black pepper to taste
- 1 tablespoon olive oil
- 1 onion, sliced
- 3 cloves garlic, minced
- 1 bunch kale, torn into bite-sized pieces
- 2 tablespoons red wine vinegar
- 1 teaspoon chopped fresh thyme

Preheat an oven to 400 degrees F (200 degrees C). Toss the sweet potatoes with 2 tablespoons of olive oil in a bowl. Season to taste with salt and pepper and arrange evenly onto a baking sheet.

Bake in the preheated oven until the sweet potatoes are tender, 20 to 25 minutes. Cool to room temperature in the refrigerator.

Meanwhile, heat the remaining 1 tablespoon of olive oil in a large skillet over medium heat. Cook and stir the onion and garlic until the onion has caramelized to a golden brown, about 15 minutes. Stir in the kale, cooking until wilted and tender. Transfer the kale mixture to a bowl, and cool to room temperature in the refrigerator.

Once all the ingredients have cooled, combine the sweet potatoes, kale, red wine vinegar, and fresh thyme in a bowl. Season to taste with salt and pepper, stirring gently to combine.