

## **Maple Sweet Potato Kale Salad with Pecans**

- 1-2 sweet potatoes
- cinnamon
- olive oil
- 1 Granny Smith apple, chopped
- ¼ cup pecans
- ¼ cup golden raisins
- 2 cups baby kale, chopped
- cheese crumbles of choice (goat cheese, feta, or gorgonzola)

### **For the Dressing**

- ¼ cup olive oil
- 2 tsp stone ground mustard
- 1 tbsp balsamic vinegar
- 1 tbsp maple syrup
- salt and pepper to taste

Peel and chop sweet potatoes and toss in a drizzle of olive oil, cinnamon, salt and pepper. Roast at 400 degrees for 30 minutes. Set aside to cool.

Mix all salad dressing ingredients together in a mason jar, shake well.

Mix chopped kale, apples, sweet potatoes, pecans, raisins and cheese crumbles in a bowl. Toss with salad dressing and serve.