

# Kale & Roasted Sweet Potato Salad



## Ingredients

Large sweet potato  
Large red onion  
2 tablespoons olive oil  
Cooking spray  
Garlic Pepper  
1 bunch kale  
1 clove garlic  
1 packet Seeds of Change Quinoa & Brown Rice

## Directions

1. Preheat oven to 400 degrees F.
2. Peel and cube sweet potato.
3. Slice a red onion into large wedges.
4. Toss the sweet potato and onion with 2 tablespoons of olive oil.
5. Spread the vegetables evenly on a baking sheet covered with foil and season to taste.
6. Roast for approximately 40 minutes until veggies are tender and edges are nicely browned.
7. Remove and discard the tough kale stems and slice the curly leaves into bite-sized pieces.
8. Add two tablespoons olive oil and one finely minced clove of garlic to a saucepan over medium high heat. Sauté until garlic is tender and slightly browned, about two minutes.
9. Add the kale and cook until it is wilted but still slightly crunchy, about five minutes.
10. Tear open packet of Seeds of Change Quinoa & Brown rice and microwave for 90 seconds.
11. Combine roasted veggies, kale and quinoa and brown rice. Serve warm or chilled.