

MOT more of this
LOT less of that

Roasted Potato Kale Salad

Healthy and nutrient dense, full of flavor salad

Serves: 8 as side dish

Total time: <1 hour

Ingredients

- 1 lb purple (and red) potatoes, scrubbed, cut into 1-inch rounds
- 1 Tbsp olive oil
- Salt, pepper to taste
- 6 cups kale, stems removed, torn into bite-size pieces
- 1-2 slices red onion, thinly sliced
- 3 Tbsp crumbled feta cheese
- 1/4 cup sweetened dried cranberries
- 1/4 - 1/2 cup almonds, slivered (optional)
- *Dressing:*
- 2 Tbsp extra-virgin olive oil
- 3 Tbsp cider vinegar
- 1 tsp crushed garlic
- 1 tsp honey (optional)
- 2 tsp Dijon mustard
- Salt and pepper to taste

Directions

1. Preheat oven to 400°F.
2. Toss potatoes with 1 Tbsp oil, salt and pepper in a large bowl.
3. Spread out on a baking sheet, lined with parchment, in upper 1/3 of oven.
4. Roast the potatoes, stirring once or twice, until tender and browned, 15 - 20 minutes.
5. While the potatoes are cooking, place the bite size torn pieces of kale in a large bowl. Add thinly sliced red onions to bowl and toss.
6. As soon as potatoes are finished roasting, place hot potatoes over prepared kale and quickly cover salad bowl with a plate or the baking sheet (it doesn't have to fit perfectly).
7. Let covered potatoes and kale stand for about five minutes while preparing dressing.
8. Whisk oil, vinegar, garlic, honey, mustard, and salt and pepper in a small bowl.
9. Uncover kale-potato mix and add cranberries, crumbled cheese, and salad dressing; toss to combine. Serve immediately (but it is also delicious cold).

*Recipe courtesy of [Foods With Jude](#)

Mary-Beth says: "An interesting flavorful way to enjoy the vitamins and minerals of kale."