

Kale Salad with Roasted Veggies

Prep Time: 45 minutes

Serves: 4

Preheat oven to 400 degrees and line a baking sheet with parchment paper:

Place the following on the baking sheet:

1 sweet potato, cut into 1 inch cubes

2 radishes, quartered

2 turnips, chopped into one inch pieces. Can substitute 2 cups of any peeled squash.

Toss with:

1 Tablespoon olive oil

1 Tablespoon fresh chopped rosemary or 1 teaspoon dried rosemary

1/2 teaspoon salt

Roast 30-35 minutes until veggies are golden brown at edges

Let cool 10 minutes

Meanwhile:

Tear 1 bunch of kale into bite-sized pieces, discarding stems

Place in large bowl and drizzle with 1 Tablespoon olive oil

Add:

The juice of 1/2 orange **saving the whole orange to add to recipe later

1 teaspoon of white wine vinegar

Pinch of salt

Massage the leaves until softened and wilted

Add to kale and toss together:

Orange cut into bite-sized pieces

1/2 cup drained, canned, chickpeas

1/4 cup feta cheese, crumbled

1/4 cup sliced shallots

1/4 cup hemp or sunflower seeds, or toasted pine nuts

1/4 teaspoon red pepper flakes - adjust amount for taste

Add cooled veggies and enjoy with a cup of cold gazpacho and crusty bread.

Gaspacho now recipe on Hazelfield website.