



# DINNERLY



## Sweet Potato and Kale Salad with Almonds, Dates, and Parmesan

 30-40min  4 Servings

We're keeping our healthy New Year's resolutions going strong! (Fact check: it's April, so we've totally forgotten about them!) Enter this nutritious, warm salad that's anchored by some of our favorite superfood superheroes—sweet potato and kale—here to save us! With crunchy almonds, sweet dates, nutty Parmesan, and a citrus dressing to pull it together, it's an elegant salad that's not to be m...

#### WHAT WE SEND

- curly kale
- sweet potato
- medjool dates
- lemon

#### WHAT YOU NEED

- coarse kosher salt
- freshly ground pepper
- olive oil
- sugar

#### TOOLS

- rimmed baking sheet

#### ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

#### NUTRITION PER SERVING

Calories 532.0kcal, Fat 35.4g, Proteins 13.5g, Carbs 46.0g



#### 1. Prep ingredients

Preheat oven to 450°F with a rack in center. Scrub **sweet potatoes**, then cut into ½-inch thick rounds. Strip **kale leaves** from stems, discard stems, and tear leaves into bite-size pieces. Place kale in a large bowl and toss with **1½ tablespoons olive oil**, **½ teaspoon salt**, and **a few grinds of pepper**.



#### 2. Roast vegetables

On a rimmed baking sheet, toss **sweet potatoes** with **3 tablespoons oil**, **¾ teaspoon salt**, and **a few grinds of pepper**. Roast on center oven rack until beginning to soften, about 20 minutes. Top sweet potatoes with **half of the kale**, return baking sheet to the oven and cook another 5-10 minutes, or until kale is wilted and crispy in spots.



#### 3. Chop almonds & dates

Roughly chop **almonds**. Remove pits from **dates**, if necessary, then roughly chop.



#### 4. Make lemon dressing

Zest **1 lemon** into a medium bowl. Halve both lemons and squeeze **¼ cup lemon juice** into same bowl. Whisk in **¼ teaspoon sugar**, **¼ cup oil**, and season to taste with **salt** and **pepper**.



#### 5. Finish & serve

Add **warm sweet potatoes** and **kale** to **raw kale** in the large bowl. Add **almonds**, **dates**, and **lemon dressing**. Toss well to combine and season to taste with **salt** and **pepper**. Divide **salad** between plates. Using a vegetable peeler, shave strips of **Parmesan** on top. Enjoy!



#### 6. Get nutty!

If you're as nuts about nuts as we are, you could load this salad up with any hazelnuts, walnuts, or pecans that you might have on hand for more crunch and protein. Or recreate it—subbing these in the future. Other dried fruits like apricots or cherries would also be delish!