

ROASTED YAM AND KALE SALAD

from [Allrecipes.com](https://www.allrecipes.com)

(yields 6 servings)

Ingredients

- 2 **jewel yams**, cut into 1-inch cubes
- 2 Tbsp **olive oil**
salt and freshly **ground black pepper**, to taste
- 1 Tbsp **olive oil**
- 1 **onion**, sliced
- 3 cloves **garlic**, minced
- 1 bunch **kale**, torn into bite-sized pieces
- 2 Tbsp **Red wine vinegar**
- 1 tsp chopped **fresh Thyme**

Preparation

- 1.** Preheat an oven to 400° F (200° C).
- 2.** Toss the yams with 2 tablespoons of olive oil in a bowl. Season to taste with salt and pepper, and arrange evenly onto a baking sheet.
- 3.** Bake in the preheated oven until the yams are tender, 20 - 25 minutes. Cool to room temperature in the refrigerator.
- 4.** Meanwhile, heat the remaining 1 tablespoon of olive oil in a large skillet over medium heat. Cook and stir the onion and garlic until the onion has caramelized to a golden brown, about 15 minutes. Stir in the kale, cooking until wilted and tender. Transfer the kale mixture to a bowl, and cool to room temperature in the refrigerator.
- 5.** Once all the ingredients have cooled, combine the yams, kale, red wine vinegar, and fresh thyme in a bowl. Season to taste with salt and pepper, and gently stir to combine.