

Miso Ginger + Kale Roasted Sweet Potatoes

vegan, gluten-free, dairy-free

Recipe by Jentry Lee Hull

Yields 2 large servings

MAIN INGREDIENTS

- 2 large sweet potatoes (or yams)
- 1 bunch lacinato kale, stems removed and chiffonade
- 1 cup shredded carrots
- 1 cup white beans (great northern or cannellini) drained and rinsed
- 1/4 cup cashews
- Salt and pepper, to taste

MISO GINGER DRESSING INGREDIENTS

- 2 Tbsp yellow miso
- 3 Tbsp hot water
- 1 Tbsp maple syrup
- 2 Tbsp rice vinegar
- 3 Tbsp toasted sesame oil
- 2 Tbsp avocado oil
- 2 Tbsp coconut yogurt (I used **So Delicious plain, unsweetened yogurt**)
- 1 thumb-sized piece fresh ginger, peeled and finely minced
- 1/4 tsp cayenne

METHOD

- Preheat oven to 450 degrees F.
- Scrub and rinse potatoes. Dry and set aside until oven is preheated.
- No need to season or coat the potatoes in oil. I repeat, no oil needed. Just the bare, naked potatoes.
- Place whole potatoes on a baking sheet/pan and roast for 50-60 minutes, turning halfway through.
- Pierce the center of the potatoes with a small knife or fork to test doneness. They should be tender to the touch all the way through. You should see some bubbling up or caramelizing happening on the skin.
- While potatoes are roasting, make the **Miso Ginger Dressing**:
 - Whisk together miso and hot water until the miso is completely dissolved.
 - Combine miso mixture with remaining ingredients.
 - Adjust seasoning to taste.
- Toss some of the dressing (about 2-3 Tbsp) with prepared/chiffonade lacinato kale and massage kale for about 1 minute, or until tender and bright green. Add more dressing if needed.
- Incorporate shredded carrots, white beans, and cashews.
- Once potatoes are fully roasted and cooked through, remove from heat.
- Cut potatoes in half, lengthwise.
- Mash flesh with a fork.
- Pile on the massaged kale salad, add salt and pepper to taste, and enjoy!

Sweet Potatoes and Kale Nutrition Facts:

Nutrition Facts	
Servings 2.0	
Amount Per Serving	
calories 381	
% Daily Value *	
Total Fat 8 g	13%
Saturated Fat 0 g	0%
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 317 mg	13%
Potassium 1134 mg	32%
Total Carbohydrate 65 g	22%
Dietary Fiber 13 g	52%
Sugars 5 g	
Protein 12 g	24%
Vitamin A	229%
Vitamin C	43%
Calcium	11%
Iron	13%
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Miso Ginger Dressing Nutrition Facts:

Nutrition Facts	
Servings 6.0	
Amount Per Serving	
calories 132	
% Daily Value *	
Total Fat 12 g	19%
Saturated Fat 2 g	8%
Monounsaturated Fat 6 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 338 mg	14%
Potassium 25 mg	1%
Total Carbohydrate 6 g	2%
Dietary Fiber 0 g	1%
Sugars 5 g	
Protein 1 g	1%
Vitamin A	1%
Vitamin C	0%
Calcium	2%
Iron	1%
<p>* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.</p>	