

## **Roasted Sweet Potatoes with Red Onion and Baby Kale**

**Prep time:**

10 minutes

**Cooking time:**

25-30 minutes

**Yields:**

4 people

**Ingredients:**

3 large sweet potatoes cut into cubes

3-4 cups baby kale

1 large red onion thinly sliced

2 tbsp avocado oil divided

salt and pepper to taste

**Directions:**

Preheat oven to 425 degrees. Line your roasting sheet with parchment paper or foil. Add sweet potatoes, 1 tbsp oil, salt and pepper. Combine well and roast for 25 minutes until sweet potatoes are soft and golden brown. Toss once halfway through cooking. Remove and set aside.

Meanwhile, preheat pan on medium low heat. Add the other 1 tbsp of oil, onion, salt and pepper and cook stirring until soft. Turn heat to low and cook until onions start to caramelize, stirring and deglazing the pan with water occasionally - about 25 minutes.

Next add the kale to the pan and cook 2-3 minutes or until leaves begin to wilt and soften. Add roasted sweet potatoes and toss everything together to combine.