
Tahini Kale Sweet Potato Salad

Cook Time: 0 min

prep Time: 0 min

total Time: 0 min

servings: 2-3

Ingredients:

1 medium sweet potato

1 tbsp olive oil

pinch each salt, pepper, garlic powder

1 cup curly kale

1 cup rocket

1 sticky celery, sliced

1/4 cup hemp seeds

1/4 cup sunflower seeds

2 tbsp dried cranberries

Lemon Tahini Dressing

1/4 cup tahini

1/4 tsp salt

1/4 cup water

2 tsp lemon juice

1 tsp tamari (soy sauce)

2 tsp maple syrup

Instructions:

1. Pre-heat the oven to 375F or 190C. Wash and peel the sweet potato. Chop into chunks and place in a bowl. Add the olive oil and spices and mix well. Transfer to a baking sheet and bake until cooked through, around 45 minutes. Let cool.
2. Prepare the dressing by mixing all the ingredients together, and set aside.
3. Shred the kale into smallish pieces, and roughly chop the rocket. Place in a bowl and add celery and half the seeds. Mix in about half of the dressing. Sprinkle on the cranberries and drizzle more of the dressing. Enjoy!