

Potato Salad with Kale

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CHICAGO**
- FOOD -
DEPOSITORY.

Serves: 8

Prep: 15 minutes | **Cook:** 25 minutes

INGREDIENTS

- 6 medium potatoes, peeled and diced*
- 3 tablespoons cooking oil
- 3 cloves of garlic, minced*
- 1 bunch of kale, sliced
- 2 ribs of celery, diced

DIRECTIONS

1. Preheat oven to 450° F. Toss potato pieces with 2 tablespoons olive oil, minced garlic, salt and pepper. Spread evenly on a baking sheet and bake for 15 minutes. Stir and roast for 10 more minutes or until golden brown.
2. Remove kale stems and thinly slice kale leaves. Place in a large bowl, add 1 tablespoon olive oil, and massage for several minutes to soften leaves.
3. Add roasted potatoes to bowl with kale. Dress with your favorite store bought or homemade vinaigrette. Season with salt and pepper to taste.
4. Serve warm or cold with fresh parsley if desired.



Nutrition Information

Serving size: 1/8 of recipe with homemade dressing

Calories	242
Total fat	9 g
Saturated fat	1 g
Cholesterol	0 g
Sodium	57 mg
Carbohydrates	38 g
Fiber	4 g
Sugar	2 g
Protein	6 g

*Substitutions

Potatoes	—>	Sweet potatoes
3 cloves of garlic	—>	1 1/2 teaspoon garlic powder

Recipe source: Adapted from
Body of Eve