KALE AND SWEET POTATO SALAD WITH DRIED CRANBERRIES

By Darshana Thacker

Makes 6 cups
Ready In: 30 minutes

SALAD

1 medium sweet potato, cut into ¾-inch dice (about 3 cups)

6 ounces kale, shredded (6 cups)

½ cup dried cranberries

2 tablespoons chopped cashews

2 tablespoons finely chopped fresh parsley

DRESSING

2 tablespoons tahini

2 tablespoons lemon juice

2 teaspoons smoked paprika

½ teaspoon fresh garlic, minced (1 clove)

Sea salt

Freshly ground black pepper

This simple kale salad recipe delivers big on flavor. Steamed sweet potatoes, cranberries, and cashews bring an array of colors and textures. The dressing gets its creamy texture and smoky-sweet flavor from a combination of tahini and smoked paprika.

Instructions

1. Place a steamer insert in a saucepan over 1 to 2 inches of water. Bring water to a boil, add sweet potatoes, cover, and steam for about 20 minutes, until potatoes are very tender when pierced with the tip of a sharp knife. Transfer potatoes to a large bowl to cool.
2. To make the dressing, combine the tahini, lemon juice, smoked paprika, garlic, and ½ cup water in a Mason jar. Cover jar with a tight-fitting lid, and shake well to blend the ingredients; taste dressing, add salt and pepper to taste, and shake again.
3. In a large salad bowl, combine the sweet potatoes, kale, cranberries, cashews, and parsley. Pour the dressing over the salad, and mix well. For best results, let the salad stand for 15 to 20 minutes before serving.