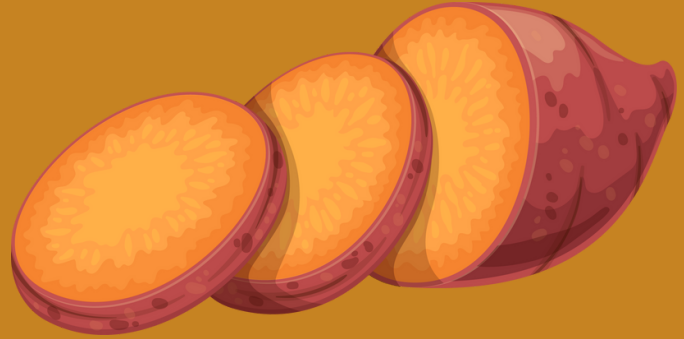


ROASTED SWEET POTATO KALE SALAD WITH GRILLED CHICKEN

Ingredients:

- 2 Sweet Potato, cubed
- 1 Bell Pepper, diced
- 1/2 Cauliflower Head, floreted
- 1 lb Chicken Breast
- 2 tbsp Italian Seasoning
- 1/2 cup Olive Oil
- 1/4 cup Lemon Juice
- 1 bunch of Kale
- 1/4 cup dried Cranberries



Directions:

1. Preheat oven to 425 degrees.
2. Put cubed sweet potato, diced bell pepper, and cauliflower florets in a bowl and toss with 1 tbsp Italian seasoning and 1 tbsp olive oil.
3. Coat chicken breast in 1 tbsp Italian seasoning, 1 tbsp olive oil, and 1 tbsp lemon juice.
4. On a baking sheet (you may need two), spread out chopped sweet potatoes bell pepper, cauliflower florets, and chicken breast into an even layer. Roast for 20-30 minutes. Make sure chicken is cooked all the way through.
5. Divide veggies, chicken, and kale into fourths to make four salads. Drizzle each salad with 1 tsp olive oil, 1 tsp lemon juice, and about 1 tbsp of dried cranberries.



Kale!!



Some studies show that kale can help control cholesterol levels and may help your body fight against infection! If you are new to kale, you can start by substituting half the kale in recipes for spinach or arugula. Additionally, making a smoothie out of 1/2 a bunch of Kale, 1/2 a Cucumber, a good tasting fruit, and some vanilla Greek Yogurt can be a great way to introduce it into your diet!