

Sweet Potato Kale Salad with Lemon

<https://brickhousenutrition.com/blogs/recipes/sweet-potato-kale-salad-with-lemon>

Prep Time: 5 mins Servings: 1

What You'll Need:

ITEM	AMOUNT
Curly or Lacinato Kale	2 Cups
Olive Oil	1 Tbsp
Freshly Squeezed Lemon Juice	2 Tbsp
Pecan Halves	2 Tbsp
Dried Unsweetened Cranberries	1 Tbsp
Sweet Potato Cooked and Cubed	1 Each
Sea Salt and Pepper	1 Pinch to taste

Follow These Simple Steps:

1. Start by adding the kale to a large mixing bowl, and massage the kale leaves with the olive oil for 1-2 minutes.
2. Add the lemon juice and toss to cover the leaves.
3. Add the remaining ingredients and toss.
4. Enjoy!

LET'S SEE YOUR RESULTS! Tag [@brickhousenutrition](#) on Instagram!