



Citrus Roasted Kale & Root Vegetables

(serves 2-4)

Ingredients:

2 carrots (cut into ¼ inch slices)

1 large sweet potato (I used purple for color)

1 tbsp cold-pressed olive oil for baking

2 cups (approx. 2 handfuls) of kale

1 teaspoon MSC's Citrus Sea Salt

¼ cup goat cheese

Directions:

1. Pre-heat oven to 400 degrees F
2. Cut carrots into ¼ inch thick slices
3. Thinly slice sweet potato (I used a mandolin)
4. Rough chop kale into bite size pieces
5. Combine all ingredients and toss with olive oil and MSC's Citrus Sea Salt
6. Place on sheet pan and roast in oven for about 30 minutes
7. Let cool and top with goat cheese
8. Serve warm or at room temperature

Makes a lovely side dish or salad-like appetizer!