



Roasted Kale and Veggies

A one-dish, plant-based delight!



Ingredients

2 medium sweet potatoes, cubed
2 carrots, sliced
1 medium zucchini, sliced
1 cup cooked chickpeas
2 tablespoons dried dill
2 teaspoons extra-virgin coconut oil
4 kale leaves, stems removed and chopped
1 tablespoon olive oil mayonnaise

1 tablespoon minced onions
2 teaspoons parsley flakes
2 teaspoons apple cider vinegar
1/4 teaspoon garlic powder
Pinch sea salt

Directions

Preheat oven to 375F and spread sweet potatoes, carrots, zucchini, chickpeas, dill and coconut oil on a baking sheet. Roast for 25 minutes or until sweet potatoes are tender.

Add kale and continue to cook for 5 minutes.

Remove from the oven, add remaining ingredients and stir to coat.

Makes 2 servings.

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