Warm Farro and Kale Salad with Orange Miso Dressing

Ingredients:

- 1 pound sweet potatoes, finely diced
- 2 teaspoons olive oil, divided
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper, freshly ground
- 6 ounces uncooked farro (about 1 cup)
- 8 ounces torn Tuscan kale leaves
- 2 tablespoons water
- 1 heaping tablespoon miso paste
- 2 tablespoons olive oil
- 1 1/2 teaspoon grated fresh ginger
- 3 tablespoons orange juice

Directions

1. Preheat the oven to 400˚F.
2. Rub the sweet potato with 1 teaspoon oil, salt and pepper.
3. Place in a single layer on a baking sheet and roast for 25-40 minutes, until tender. The size that you cut the potatoes will determine how long it will take to cook. The smaller the potato, the faster it cooks.
4. While the potatoes cook, make the farro.
5. Bring 3 cups of water to a boil and add farro. Cook, according to the package, then drain.
6. Heat the remaining olive oil in a large skillet over medium heat.
7. Add kale and cook until wilted. Season with a pinch of salt and pepper.
8. Add in the cooked farro and sweet potatoes.
9. Whisk together the ingredients for dressing and toss over salad. Season to taste, and serve.

Nutrition Facts

Serving Size (186g)
Servings Per Container 5

Amount Per Serving

Calories 300	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 270mg	**11%**
Total Carbohydrate 49g	**16%**
Dietary Fiber 10g	**40%**
Sugars 8g	
Protein 9g	

Vitamin A 90% • Vitamin C 100%

Calcium 8% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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