



# Sweet Potato and Kale Saute



4 servings



60 minutes



## DIRECTIONS

The simple combination of kale, sweet potatoes, and Mexican spices tastes great on its own as a basic side dish, but it can easily work as a main course, as well. I have added a fried egg to each serving to turn it into a breakfast hash and have used it as a taco filling. It also makes a nifty topping for tostadas: pick up tostada shells (crisp corn tortillas) at the grocery store and top them with the sautéed vegetables, chopped fresh cilantro, avocado cubes, and a scattering of crumbled queso fresco.

- 2 tablespoons olive oil (divided), plus more if needed
- 1 1/2 pounds sweet potatoes (2 medium), peeled and cut into 1/2-inch cubes
- 3/4 teaspoon kosher salt (divided)
- 1 tablespoon chili powder (divided)
- 1 1/2 teaspoons ground cumin (divided)
- 2 cloves garlic, minced
- 1 medium bunch kale (about 10 ounces), center ribs and tough stems removed, leaves shredded
- 1 tablespoon water

In a large (12 inches or wider) nonstick frying pan, heat 1 tablespoon of the oil over medium heat. Add the sweet potatoes and cook, stirring occasionally, for about 5 minutes, until starting to soften. Stir in 1/2 teaspoon of the salt, 2 teaspoons of the chili powder, and 1 teaspoon of the cumin. Add a touch more oil if the pan seems dry, then continue cooking, stirring occasionally, for 8 to 10 minutes more, until the sweet potatoes are golden brown and cooked through. If the sweet potato cubes are larger than 1/2 inch, they may take longer to cook. Transfer the sweet potatoes to a bowl. In the same pan, heat the remaining 1 tablespoon oil and the garlic over medium heat. When the garlic starts to sizzle (do not let it brown), add the kale—a little at a time until all of it fits in the pan—and turn it with tongs to coat it with the garlicky oil. Add the remaining 1/4 teaspoon salt, 1 teaspoon chili powder, and 1/2 teaspoon cumin. Stir in the water and cook for about 5 minutes, until the kale is wilted and tender. Return the sweet potatoes to the pan and heat for about 2 minutes more, until heated