

Sweet Potato and Kale Couscous

This healthy side dish is loaded with vitamins, fiber, and flavor!

- From Joyce Kruger
© The Weary Chef 2013-2017.



Servings	Prep Time	Cook Time
4 2x8	10 MINUTES	30 MINUTES

To COOK Couscous - 1 cup couscous TO
1/2 cup water OR BOTH

Ingredients

- 1 large sweet potato, peeled and diced into 1" cubes, about 1 lb.
- 2 tbsp. olive oil, divided
- 1 tsp. chili powder,
- 1/2 tsp. ground cumin,
- 1/2 tsp. garlic powder,
- 1/4 tsp. kosher salt,
- freshly ground black pepper,
- 4 oz. mushrooms, washed and quartered
- 1 clove garlic, minced or crushed
- 6 oz. baby kale, washed well
- pinch kosher salt,
- 1 c. chicken or vegetable broth, water is OK to substitute
- 3/4 c. dry couscous,

Instructions

1. Preheat oven to 400 degrees F.

2. Toss sweet potato with 1 tbsp. olive oil, chili powder, cumin, garlic powder, kosher salt, and black pepper to taste. Spread potatoes evenly onto a baking sheet lined with a silicone mat or sprayed well with cooking spray. Bake in preheated oven for 20 minutes.

3. Carefully stir mushrooms in with sweet potatoes, and bake an additional 10 minutes.

4. Meanwhile, heat remaining 1 tbsp. olive oil in a skillet over medium heat. Add garlic, and saute 1-2 minutes, just until fragrant. Add baby kale, sprinkle with a pinch of salt, and stir to coat with oil. Cook until barely wilted, about 2-3 minutes. Pour in broth or water, and bring to a simmer. Stir in couscous, turn off heat, and cover. Let stand 5 minutes.

3. Toss with Roasted Vegetables
6. SERVE WARM OR ROOM TEMP.