

## **Roasted Sweet Potatoes with Garlicky Kale and White Beans**

Serves 2

Ingredients:

2 Sweet Potatoes  
1 TBL Coconut oil  
1 whole bulb of Garlic, cloves separated and chopped  
1 bunch Kale, chopped  
1 15oz can White Beans, drained and rinsed  
1 tea dried Rosemary  
Sea Salt and Black Pepper to taste

Directions:

Prick each sweet potato with a fork at least 3 times. Place into a baking sheet and bake for about one hour. You will know when the sweet potato is done when it can be easily pierced with a knife in the middle. Prepare the remainder of the meal while the sweet potatoes are roasting.

Melt coconut oil in a small sauce pan. Add chopped garlic and sauté for about 5 minutes until brown. Add chopped kale. Sauté until wilted. Add white beans, rosemary and salt and pepper. Mix well. Serve with roasted sweet potatoes.