

# Kale Salad with All-Day, Everyday

## Dressing

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**Total Time**    **Yield**  
15 Mins    Serves 4 (serving size: about 1 1/2 cups)

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By ADAM HICKMAN August 2016

COOKING LIGHT

Use the best honey you have for this easy, versatile dressing. Try pairing this with grilled steak or chicken. Our Grilled Flank Steak with Onions, Avocado, and Tomatoes showcases in-season ingredients and the char of the steak would balance well with sweet and tangy honey dressing with the bitter bite of kale salad.

### Ingredients

2 1/2 tablespoons extra-virgin olive oil

8 garlic cloves, thinly sliced

2 tablespoons grated pecorino Romano cheese

1 tablespoon minced almonds

### How to Make It

**Step 1** Combine oil and garlic in a skillet over medium-low heat; cook 3 minutes or until garlic is golden, stirring occasionally. Remove garlic with a slotted spoon; reserve garlic. Transfer oil to the bowl of a mini food processor. Add cheese, almonds, thyme, juice, honey, and salt; process until well combined.

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1 tablespoon  
chopped fresh  
thyme

2 1/2 tablespoons  
fresh lemon juice

1 tablespoon  
wildflower honey

1/4 teaspoon  
kosher salt

6 cups baby kale  
(5 oz.)

1/4 cup flat-leaf  
parsley leaves

1/4 cup torn basil  
leaves

1 cup baby  
heirloom  
tomatoes, halved

**Step 2** Combine kale, parsley, and basil. Toss with dressing. Arrange about 1 1/4 cups salad on each of 4 plates. Divide tomatoes and garlic evenly among salads.

## Nutritional Information

- Calories 156,
- Fat 11.4g,
- Satfat 2.2g,
- Monofat 7.5g,
- Polyfat 1.1g,
- Protein 3g,
- Carbohydrate 11g,
- Fiber 2g,
- Cholesterol 4mg,
- Iron 1mg,
- Sodium 231mg,
- Calcium 128mg,
- Est. added sugars 4,
- Sugars 6.

# Buttermilk-and-Honey Chicken Kabobs

Hands-on Time	Total Time	Yield
30 Mins	3 Hours 30 Mins	Makes 6 to 8 servings

June 2013

SOUTHERN LIVING

A buttermilk marinade ensures tender meat and juicy flavor. The kabobs are delicious on their own, but even better with Toasted Pecan Pesto or **Romesco Sauce**.

## Ingredients

1/4 cup hot sauce

1/4 cup tomato paste

3 tablespoons honey

1 cup buttermilk

1/2 small sweet onion, grated

6 garlic cloves, minced

1 tablespoon cracked black pepper

2 1/4 teaspoons salt, divided

3 pounds skinned and boned chicken thighs, trimmed and cut into 2-inch chunks

10 (6-inch) wooden or metal skewers

Vegetable cooking spray

Grilled lemon halves

Toasted Pecan Pesto or

Romesco Sauce

## How to Make It

**Step 1** Whisk together first 3 ingredients in a large bowl until smooth; whisk in buttermilk, next 3 ingredients, and 2 tsp. salt until blended.

**Step 2** Place buttermilk mixture and chicken in a large zip-top plastic freezer bag; seal and chill 3 hours.

**Step 3** Meanwhile, soak wooden skewers in water 30 minutes. (Omit if using metal skewers.)

**Step 4** Coat cold cooking grate of grill with cooking spray, and place on grill. Preheat grill to 350° to 400° (medium-high) heat. Remove chicken from marinade, discarding marinade. Thread chicken onto skewers, leaving a 1/8-inch space between pieces; sprinkle with remaining 1/4 tsp. salt.

**Step 5** Grill kabobs, covered with grill lid, 6 to 8 minutes on each side or until chicken is done. Serve with lemon halves and Toasted Pecan Pesto or Romesco





Karen Bennett &lt;kbennett@westonct.gov&gt;

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## Honey Roasted Sweet Potatoes

1 message

Karen &lt;kanneben@aol.com&gt;

Thu, Sep 12, 2019 at 12:33 PM

To: kbennett@westonct.gov

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## Honey Roasted Sweet Potatoes

**Prep Time:** 15 min **Cook Time:** 1 hr **Serves:** 6 servings (serving size 3/4 cup)

### Ingredients

- 2 pounds red-skinned sweet potatoes
- 2 tablespoons olive oil
- 2 tablespoons honey
- 1 teaspoon fresh lemon juice
- 1/2 teaspoon salt

### Preparation Steps

1. Preheat oven to 350 degrees F.
2. Peel and cut the sweet potatoes into 1-inch pieces and put in a 9 by 13 baking dish. In a small bowl whisk together olive oil, honey and lemon juice. Pour mixture over potatoes and toss to coat. Sprinkle with the salt, and bake, stirring occasionally, for about 1 hour, until potatoes are tender.

### Nutrition

Calories: 167 calorie  
Fat: 4.5 grams  
Saturated Fat: 0.5 grams  
Carbohydrates: 30 grams  
Fiber: 4 grams  
Protein: 2 grams

**Recipe Source:** [foodnetwork.com](http://foodnetwork.com)

<https://www.foodnetwork.com/recipes/ellie-krieger/honey-roasted-sweet-potatoes-recipe-1945869?soc=itksocialsharedefault%7Cios%7Ct>

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**Honey Roasted Sweet Potatoes.anylistrecipes**  
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recipe: Honey Cake

from: Five loaves Cookbook

serves: 2 loaves

1 cup Sugar

1/2 cup Honey

1/2 cup oil

4 eggs

2 1/2 cup flour

3 tsp baking powder

1/2 tsp baking soda

1 tsp cinnamon

1 tsp instant coffee

1 tsp ground cloves

- sift together dry ingredients
- In another bowl combine sugar, honey, oil eggs
- add dry ingredient mix to wet mix in batches mix well.
- pour batter into loaf pans
- bake in 350° oven 40-50 minutes.
- slice + enjoy!