Kale Salad with All-Day, Everyday Dressing

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

By ADAM HICKMAN  
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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.
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: 30 Mins  
Total Time: 3 Hours 30 Mins  
Yield: 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
Honey Roasted Sweet Potatoes

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

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Recipe: Honey Cake

Serves: 2 loaves

Ingredients: 1 cup sugar, 2 cups honey, 3/4 cup flour, 1 cup oil, 2 eggs, 1 tsp baking soda, 1 tsp cinnamon, 1 tsp ground cloves, 1 tsp instant coffee

Method:
1. Preheat oven to 350°F.
2. In a large bowl, mix sugar, honey, eggs, oil, and flour.
3. Add baking soda and cinnamon.
4. Mix well and pour into a greased loaf pan.
5. Bake for 45-50 minutes or until a toothpick inserted comes out clean.

Serve warm.
Slice & enjoy!

- Bake in 350° oven for 20-25 minutes.
- Pour batter into greased pans.
- In bowl:
  - Hand with ingredients
  - Add dry ingredients to wet mix
  - Combine sugar.
- Stir together dry ingredients.