



Apple, Kale, and Sweet Potato Stir Fry

serves 6

presented by McKenzie Ziegler, RDN, CDN, LDN



McKenzieZieglerNutrition

INGREDIENTS

- 3 Tbsp oil
- 2 large sweet potatoes, chopped
- 1 tsp grated ginger
- ½ cup water
- 3 medium apples, chopped
- 2 tsp cinnamon
- 1 bunch kale, chopped

Heat oil in a large pot over medium heat.

Add sweet potatoes. Cover pot and cook for 5 minutes.

Add ginger plus water and stir. Cover pot and cook for 5 minutes, stirring frequently.

Add apples and cinnamon. Cover pot again and cook for 5 minutes, stirring frequently.

Add kale and re-cover pot. Cook until sweet potatoes are soft, about 5 more minutes.