**Warm Kale Salad**

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The natural bitterness of kale is balanced out with the sweetness of roasted squash and caramelized onions in this recipe. The kale should be massaged with olive oil for 3-5 minutes to help soften the leaves, a small detail that makes a big difference in taste.

**Ingredients:**

1 large bunch kale, stems removed and chopped

1 butternut squash, peeled, seeded, and cut into 1/2-inch cubes

1 red onion, sliced thinly

4 parsnips, peeled and cut into 1/2-inch pieces

5 tbsp extra virgin olive oil, divided

1/2 tbsp ghee

2 tbsp balsamic vinegar

2 tsp Paleo honey mustard

Salt and pepper, to taste

**Directions:**

1. Preheat the oven to 400 degrees F. Heat one tablespoon of olive oil and the ghee in a skillet over medium heat. Add the red onion and sprinkle with salt. Cook on low heat for 30-40 minutes, stirring regularly, until dark brown and caramelized.

2. Meanwhile, in a large bowl, combine the butternut squash, parsnips, and 3 tablespoons of olive oil. Mix everything together to coat. Spread the mixture out onto a rimmed baking sheet and sprinkle with salt and pepper. Bake for 25-35 minutes until soft, stirring occasionally.

3. Place the kale in a large bowl. Add one tablespoon of olive oil to the kale and massage the leaves until dark green and soft. Add the balsamic vinegar and mustard and toss well.

4. To assemble, add the roasted squash, parsnips, and caramelized onions to the kale salad. Add salt and pepper to taste.

