

Kale & Chickpea Caesar Salad



SERVES 4

ADAPTED FROM JUST A TASTE & KEY TO MY LIME

INGREDIENTS:

- 1-2 bunches (4-6 cups) shredded kale or chard and massage in oil for one minute
- 2 carrots, shaved into ribbons with peeler
- Shaved parmesan cheese
- Crispy chickpeas & Caesar dressing (see below)

DIRECTIONS:

1. Prep all salad ingredients: roast chickpeas, shred and massage the kale in oil, peel carrots into ribbons, and make the Caesar dressing.
2. Toss all salad ingredients together. Mix dressing ingredients well and toss with salad right before serving.

Caesar Dressing

Note: this dressing makes extra. Toss the salad with half to start, then adjust to your taste.

- 1/3 cup mayonnaise
- 2 tsp Dijon mustard
- 2 tsp garlic, minced (optional)
- 2 T lemon juice
- 1 T white wine vinegar
- 1 tsp Worcestershire sauce (optional)
- 1/2 tsp each salt and pepper
- 1/2 cup light olive oil
- 1/2 cup finely grated parmesan cheese

Directions: Mix all ingredients except the oil in a jar or bowl. Slowly add in the oil while whisking or add and shake the jar. Adjust to taste.

Toasted Chickpeas

- 1 can chickpeas (garbanzo beans), drained, rinsed, and pat dry
- 1 Tbsp olive oil
- 1/4 tsp each of garlic powder, cumin, and paprika
- 1/8 tsp each of salt and pepper

Prep: In a large bowl, drizzle chickpeas with oil and toss. Sprinkle them with the seasonings and toss again.

Bake: Bake in a single layer on parchment paper at 400°F for 45 minutes then toss. Bake an extra 5 to 10 minutes until crispy. **Or Stovetop:** Heat a dry pan on medium-high heat. Add chickpea mixture and toast for 15-20 minutes, stirring occasionally. They won't be as crispy, but this is the quickest method.