

Kale Caesar Salad from simplyscratch.com:

<https://www.simplyscratch.com/2017/01/healthy-kale-caesar-salad.html>

Healthy Kale Caesar Salad with Tahini Caesar Dressing

INGREDIENTS

FOR THE CHICKPEAS:

- 1 can chickpeas beans, drained, rinsed and patted dry
- 1 tablespoon olive oil
- 1/2 teaspoon kosher salt
- 1-1/2 teaspoons garlic herb seasoning

FOR THE DRESSING:

- 1 clove of garlic, grated
- 3 tablespoons tahini
- 2 tablespoons fresh lemon juice
- 2 tablespoons olive oil
- 2 tablespoons warm water
- 2 teaspoons Dijon mustard
- 1/4 teaspoon kosher salt
- 3 tablespoons grated Parmesan cheese

FOR THE SALAD:

- 1 large bunch curly leaf kale
- 2 tablespoons olive oil
- 1/2 teaspoon kosher salt
- roasted garlic and herb chickpeas
- shaved Parmesan cheese
- tahini Caesar dressing

INSTRUCTIONS

Preheat your oven to 400°. Place the chickpeas on a silpat lined, rimmed sheet pan and toss with 1 tablespoon olive oil and 1/2 teaspoon kosher salt. Place on the middle rack of your preheated oven to roast for 40 minutes. Rotating the pan halfway to ensure even roasting. Transfer roasted chickpeas to a bowl and toss with garlic herb seasoning and set aside.

Meanwhile, in a medium bowl combine, grated garlic, tahini, lemon juice, olive oil, warm water, Dijon, salt and 3 tablespoons finely grated Parmesan cheese. Whisk to combine and set aside.

Rinse and strip the leaves off a large bunch of kale. Pat dry with a kitchen towel or spin-dry in a salad spinner. Work in batches chopping the kale and add it to a large serving bowl. Drizzle the chopped kale with 2 tablespoons olive oil and 1/2 teaspoon kosher salt. Use your impeccably clean hands to gently massage the oil and salt into the leaves.

Serve massaged kale with roasted chickpeas, shaved Parmesan and the tahini Caesar dressing. Season with black pepper and a pinch or two of the garlic herb seasoning if desired.

Beth's notes: This recipe calls for adding cheese to the dressing, I just sprinkle it on the salad because the dressing can get too thick with cheese.