

Crispy Chickpea & Kale Salad with Tahini Dressing



Tahini, a paste made from sesame seeds, is one of the main ingredients in Hummus (along with chickpeas). It can also be used to add an earthy flavor to sauces and salad dressings.

YIELD	PREP TIME	TOTAL TIME
6 SERVINGS	20 MIN	45 MIN

INGREDIENTS

For the Quick Pickled Red Onions:

½ each	Red Onion, sliced thinly (julienne)
1 Tbsp	Sugar
½ tsp	Kosher Salt
¼ cup	Apple Cider Vinegar
¼ cup	Water (plus more, as needed)

For the Chickpeas & Sweet Potatoes:

1 lb.	Sweet Potato, small dice
1 (15oz) can	Chickpeas, low sodium, drained and rinsed
1 Tbsp	Olive Oil
1 tsp	Italian Seasoning
1 tsp	Garlic Powder
1 tsp	Smoked Paprika
½ tsp	Onion Powder
¼ tsp	Kosher Salt

For the Tahini Dressing:

1/3 cup	Tahini
2 Tbsp	Water, more as needed
3 Tbsp	Apple Cider Vinegar
2 tsp	Dijon Mustard
2 tsp	Maple Syrup
1 clove	Garlic, grated or finely minced
¼ tsp	Black Pepper, ground

For the Salad:

8 cups	Kale, destemmed and chopped (about 10 large leaves)
1 Tbsp	Extra Virgin Olive Oil
1 cup	Quick Pickled Red Onions (see separate recipe)
½ cup	Dried Apricots, chopped

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat the oven to 400°F and line two sheet trays with parchment paper or foil.
2. Prepare the quick pickled red onions: Add the sliced onions, sugar, and salt to an 8 oz. mason jar or 1 cup container with a tight-fitting lid. Pour in the vinegar and water. If the liquid is not completely covering the onions, add a little more water. Secure the lid and shake vigorously for a few seconds to dissolve the salt and sugar. Refrigerate for at least 30 minutes before using.
3. Prepare the chickpeas & sweet potato: Add the diced sweet potato to one of the prepared sheet trays. Add the drained and rinsed chickpeas to the second sheet tray. Pat them dry with a paper towel to remove excess moisture.
4. In a small bowl, mix the Italian seasoning, garlic powder, smoked paprika, onion powder, and salt. Drizzle the olive oil and the spice mixture evenly among the two trays and toss the chickpeas and sweet potatoes to coat.

5. Bake until the chickpeas are crisp, and the sweet potatoes are browned, about 25 - 30 minutes, keeping an eye on the chickpeas, as they will be done first. Toss halfway through for even browning.
6. Meanwhile, prepare the salad dressing by adding all dressing ingredients to a small bowl. Whisk to combine, adding more water, one tablespoon at a time, as needed, to reach a pourable consistency.
7. Assemble the salad: Add the chopped kale to a large bowl. Add the extra virgin olive oil and using clean hands, massage the oil into the leaves until the kale becomes tender and darkens in color, about 1- 2 minutes.
8. Add the dressing to the kale and toss to evenly coat. Then, top with the roasted sweet potatoes, crispy chickpeas, pickled red onions, and chopped apricots.

Nutrition Facts	
6 servings per container	
Serving size 2 cups dressed salad (304g)	
Amount Per Serving	
Calories	340
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 2g	10%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 380mg	17%
Total Carbohydrate 44g	16%
Dietary Fiber 7g	25%
Total Sugars 9g	
Includes 3g Added Sugars	6%
Protein 10g	20%
Vitamin D 0mcg	0%
Calcium 180mg	15%
Iron 3.6mg	20%
Potassium 520mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

CONTAINS: SESAME

