

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 salad dressings!

YIELD 8 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 45 MIN
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INGREDIENTS

For the Salad:

1 (15oz) can Chickpeas, low-sodium, drained and rinsed
 1 each Sweet Potato, small dice
 1 Tbsp Olive Oil
 1 tsp Italian Seasoning
 1 tsp Garlic Powder
 1 tsp Smoked Paprika
 ½ tsp Onion Powder
 ½ tsp Kosher Salt
 ½ tsp Black Pepper, ground
 8 cups Kale, destemmed and chopped
 1 Tbsp Extra Virgin Olive Oil
 1/3 cup Heather's Quick Pickled Red Onions (see separate recipe)

For the Tahini Dressing:

1/3 cup Tahini
 ¼ cup Water, more as needed
 3 Tbsp Apple Cider Vinegar
 1 Tbsp Dijon Mustard
 4 tsp Maple Syrup
 1 clove Garlic, grated or finely minced
 ½ tsp Black Pepper, ground

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat the oven to 400°F and line a baking sheet with parchment paper or foil.
2. Add the drained and rinsed chickpeas to the baking sheet. Pat them dry with a paper towel to remove excess moisture. Then, add the diced sweet potato and toss both with the olive oil, Italian seasoning, garlic powder, onion powder, smoked paprika, salt, and pepper until evenly coated.
3. Bake until the chickpeas are crisp and the sweet potatoes are browned, about 30 minutes. Toss halfway through for even browning.
4. Meanwhile, prepare the salad dressing by adding all dressing ingredients to a small bowl. Whisk to combine, adding more water as needed to reach a pourable consistency.
5. 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.
6. Add the dressing to the kale and toss to evenly coat. Then, top with the roasted sweet potatoes, roasted chickpeas, and pickled red onions. Enjoy!

Nutrition Facts

8 servings per container

Serving Size 1 cup (167 g)

Amount per serving

Calories 200

% Daily Value *

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 310mg 14%

Total Carbohydrate 27g 10%

Dietary Fiber 5g 16%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 7g 14%

Vitamin D 0mcg 0%

Calcium 60mg 4%

Iron 2mg 10%

Potassium 400mg 9%

*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.

