

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 salad dressings!

YIELD	PREP TIME	TOTAL TIME
6 SERVINGS	15 MIN	45 MIN

INGREDIENTS

For the Chickpeas & Sweet Potatoes:

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

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)
⅓ cup	Dried Apricots, chopped

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

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 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.
3. 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.
4. 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.

5. 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.
6. 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.
7. Add the dressing to the kale and toss to evenly coat. Then, top with the roasted sweet potatoes, crispy chickpeas, pickled red onions, and dried apricots. Enjoy!

Nutrition Facts	
6 servings per container	
Serving Size 2 cups dressed salad (244 g)	
Amount per serving	
Calories	300
% Daily Value *	
Total Fat 13g	17%
Saturated Fat 1.5g	8%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 390mg	17%
Total Carbohydrate 39g	14%
Dietary Fiber 6g	23%
Total Sugars 14g	
Includes 2g Added Sugars	3%
Protein 9g	18%
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 2mg	11%
Potassium 600mg	13%
<small>*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.</small>	

