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!

<table>
<thead>
<tr>
<th>YIELD</th>
<th>PREP TIME</th>
<th>TOTAL TIME</th>
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<tbody>
<tr>
<td>6 SERVINGS</td>
<td>15 MIN</td>
<td>45 MIN</td>
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**INGREDIENTS**

For the Chickpeas & Sweet Potatoes:
- 1 each 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 Onion (see separate recipe)
- ⅓ 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 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 power, 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 chopped apricots. Enjoy!

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**Nutrition Facts**

6 servings per container

**Serving size 2 cups dressed salad (304g)**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
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<tbody>
<tr>
<td><strong>Calories</strong></td>
<td>340</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>14g</td>
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<tr>
<td>Saturated Fat</td>
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<tr>
<td>Trans Fat</td>
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<tr>
<td><strong>Cholesterol</strong></td>
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<tr>
<td><strong>Sodium</strong></td>
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<tr>
<td><strong>Total Carbohydrate</strong></td>
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<tr>
<td>Dietary Fiber</td>
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<tr>
<td>Total Sugars</td>
<td>9g</td>
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<tr>
<td>Includes 3g Added Sugars</td>
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<tr>
<td><strong>Protein</strong></td>
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Vitamin D 0mcg 0%
Calcium 180mg 15%
Iron 3.6mg 20%
Potassium 520mg 10%

CONTAINS: SESAME

* 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.