

Kale Crunch Salad

JOYOUS HEALTH

Recipe by Jesse Lane Lee from Joyous Health

Ingredients:

For the salad

- 1 can chickpeas, drained, rinsed and patted dry
- 3 Tbsp sesame seeds
- 3 Tbsp sunflower seeds
- 3 Tbsp pumpkin seeds
- 3 Tbsp coconut oil, melted
- 1 tsp cumin
- 1 tsp garlic powder
- 1/2 tsp coriander, whole
- 1/2 tsp pepper
- 1/2 tsp paprika
- 1/4 tsp turmeric
- 1/4 tsp cayenne pepper
- 1 large head kale, stems removed and chopped/torn into bit sized pieces
- 2 avocados, diced

For the dressing

- 3/4 cups raw cashews or 3/4 cup sesame seeds for a nut free version
- 2 garlic cloves
- 3/4 cup tahini
- 2 tsp white miso paste
- 1 tsp apple cider vinegar
- 1 Tbsp lemon juice (1/4 a lemon)
- 2 tsp nutritional yeast
- 3 Tbsp coconut oil, melted
- 1/2 cup water
- 2 tsp tamari
- 1 tsp pepper

Instructions:

1. Preheat the oven to 400F and line a baking sheet with parchment paper or a silpat.
2. In a large bowl mix the chickpeas, sesame seeds, sunflower seeds, pumpkin seeds, 3 Tbsp melted coconut oil, cumin, garlic powder, coriander, pepper, paprika, turmeric and cayenne pepper. Spread out on the baking sheet and cook for 30-40 minutes, stirring every 10 minutes.
3. Place the cashews (or sesame seeds for a nut free version) and garlic in a food processor and pulse until minced. Add the remaining dressing ingredients and blend until smooth. The dressing will be much thicker than regular salad dressing.
4. In a large bowl massage dressing into the kale. Top with the avocado and sprinkle with the

crispy chickpea and seed mixture.