

Roasted Chickpea Kale Salad

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

Chickpeas

- 1 can cooked chickpeas, drained and rinsed
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- 1/2 tsp chili powder

salad

- 2 medium beets, thinly sliced using a mandolin if available
- 1 cup carrots, grated
- 1/2 cup dried apricots, chopped
- 1 small red onion, finely chopped
- 1 bunch dino kale, roughly chopped

DRESSING

- 2-3 large spoonfuls tahini paste
- Juice from 1 lemon
- 1-2 garlic clove, finely minced
- 2 tbsp extra-virgin olive oil
- Pinch sea salt
- Water as needed

Instructions:

1. Preheat oven to 350F degrees. Place parchment paper on a baking sheet.
2. Making sure the chickpeas are dry, place in a large bowl and sprinkle with spices.
3. Evenly spread chickpeas across parchment covered baking sheet. Bake for 20-30 minutes or until crunchy and crispy.
4. Meanwhile, prepare the salad. In a large salad bowl, combine all the salad ingredients.
5. To make the dressing, combine all the ingredients and mix with a wire whisk. At first it will get thick and then thinner as you add more water. I just add a couple of tbsp to thin it out but be careful you don't make it too thin!
6. Remove the roasted chickpeas from the oven, let cool slightly, sprinkle on top of salad and drizzle dressing over top. Enjoy!

Notes:

*Choose organic apricots, they will be brown, not bright orange. SERVES: 4 as a side and 2 as a main.