



## Chickpea Caesar Salad

SERVINGS: 6

PREPPING TIME: 15 MINS

COOKING TIME: 15 MINS

### INGREDIENTS

#### Salad:

- 2 (15 oz.) cans chickpeas, drained and dried
- 3 tbsp. masala spice
- 2 tbsp. olive oil
- 2 large bundles curly kale, washed and chopped
- 1 tbsp. lemon juice
- 2 tbsp. hemp seeds

#### Dressing:

- 1 cup raw cashews, soaked overnight or in hot water for 1 hour
- 1 tsp. dijon mustard
- 1/2 tsp. sea salt
- 2 garlic cloves, chopped
- 2 tsp. capers in brine
- 2 tsp. brine juice from capers
- Juice of 2 large lemons
- 1/2 cup hot water
- 2 tsp. maple syrup

### DIRECTIONS

1. Place the chickpeas in a mixing bowl and drizzle 1 tbsp. olive oil and sea salt.
2. Toss and coat well then place on a baking tray to roast for 30-45 minutes or in the air fryer for 15-20 minutes, shaking half way until crispy and golden.
3. To prepare dressing, add the raw cashews, dijon mustard, salt, garlic, capers, brine juice, lemon juice, hot water and maple syrup to a small or high speed blender. Blend until creamy and smooth and add enough water to thin until pourable.
4. Add the washed kale to a large mixing bowl and drizzle with 1 tbsp. olive oil and lemon juice. Massage by hand to remove some of the bitterness and soften the texture.
5. Next add the dressing to the massaged kale and toss to coat. Add the crispy chickpeas and hemp seeds and serve immediately.

### NUTRITION

Serving size: 3.25 cups  
(per serving) 363.2 calories, 20g fat, 2.8g saturated fat, 1.1mg cholesterol, 448.1mg sodium, 35g carbohydrate, 9.4g fiber, 7.5g sugar, 15g protein