



# Kale Chickpea Caesar Salad

Prep Time: 20 min. Makes: 4 servings.

Try a veganized version of caesar dressing, paired with nutrient-rich kale and other veggies. Make it a meal-sized salad by adding chickpeas and whole grain pasta or a cooked grain. The only trouble with this salad is it's addictive...

## INGREDIENTS

- 4 cups kale and/or lettuce, washed and shredded
- 1 bell pepper, chopped
- 1-2 carrots, grated
- 1 avocado, chopped
- 1 1/2 cups cooked chickpeas (1 15oz can), rinsed
- 1 1/2 cups cooked whole grain pasta, bulgar wheat, quinoa, couscous, or any grain you like

## DRESSING INGREDIENTS

- 1/2 cup non-dairy yogurt
- 1/2 cup nuts (or 1/4 cup tahini, or another 1/2 cup non-dairy yogurt)
- 2 Tbsp nutritional yeast
- 2 Tbsp lemon juice
- 2 tsp capers
- 2 tsp dijon mustard
- 1 clove fresh garlic
- 1 tsp miso, or a pinch of sea salt

## DIRECTIONS

1. Make the dressing by putting all the dressing ingredients in a small blender and pureeing, adding water if needed to thin, and sea salt to taste.
2. Put the kale in a large salad bowl, sprinkle with a pinch of sea salt, and massage with your hands until softened.
3. Add the lettuce (if using), pepper, carrots (and/or grated vegan cheese), avocado, chickpeas, and pasta or other grain.
4. Pour the dressing over the bowl, and toss until thoroughly combined. If your dressing is thick, it will take some effort to toss, but totally worth it.
5. Serve, or keep in to-go containers for easy packed lunches.

## NUTRITION FACTS

Per serving  
Calories 391

% Daily Value\*

Total	Fat	19g	29%
Saturated	Fat	3g	15%
Polyunsaturated	Fat	2g	
Monounsaturated	Fat	4g	
Sodium		131mg	5%
Potassium		720mg	21%
Total	Carbohydrates	48g	16%
Dietary	Fiber	14g	56%
Sugars		7g	
Protein		17g	34%
Vitamin	A		185%
Vitamin	C		203%
Calcium			13%
Iron			24%

## Hints & Tricks

If you like non-dairy cheese, feel free to grate some into the salad in addition to, or in place of, the carrot.