

# Kale Salad with Roasted Chickpeas

## Ingredients

- 1 (5 oz) bag kale
- 1 can (15 oz) chickpeas, drained, rinsed, and roasted
- ½ cup nuts, sliced or chopped (almonds, walnuts, or pecans)

### For the dressing:

- 3 tbsp extra virgin olive oil
- 1 tbsp Dijon mustard
- 2 tbsp lemon juice
- 1 tbsp honey, agave syrup, or maple syrup
- 1 tbsp apple cider vinegar
- ½ tsp salt

## Instructions

1. Preheat the oven to 400°F (200°C) and line a baking sheet.
2. Pat the chickpeas dry, toss with a little olive oil and salt, and spread them on the baking sheet.
3. Roast for 20–30 minutes, shaking halfway through, until lightly crisp.
4. Place the kale in a large bowl and drizzle with a little olive oil and some of the lemon juice.
5. Massage the kale with your hands until it softens and darkens slightly.
6. Whisk together the olive oil, Dijon mustard, lemon juice, sweetener, apple cider vinegar, and salt.
7. Add the roasted chickpeas and nuts to the kale.
8. Pour the dressing over the salad and toss until evenly coated.
9. Let the salad sit for 5–10 minutes before serving.

## Note & Storage

- Massage the kale well so it softens and becomes more tender
- Roast chickpeas until dry so they stay crisp longer
- Adjust sweetness in the dressing to taste
- Store in the refrigerator for up to 2 days
- Keep chickpeas separate if possible to maintain texture