

## The COUNTRY GARDENS



### ROASTED KALE AND CHICKPEA SALAD

#### INGREDIENTS:

2 small bunches or 1 large bunch kale	1 18-oz can chickpeas, drained
2 tbsp cooking oil	1 tbsp toasted sesame oil
1/2 tsp salt	1/4 tsp garlic powder
1/8 tsp smoked paprika	1/8 tsp black pepper

#### Lemon Tahini Dressing\*

2 tbsp tahini	1 lemon juiced
water, as needed	salt, to taste

\*You can substitute this homemade dressing for any goddess dressing from the store.

Preheat oven to 400 degrees.

Rinse the kale and pat it dry. Remove the stems by pulling the leaves off of the middle. Discard the stems, then chop the leaves into 1 inch pieces.

Combine the cooking oil and sesame oil in a small bowl.

Combine the salt and spices together in another small bowl.

Toss about two teaspoons of oil with the chickpeas, followed by about 1/2 teaspoon of the spice mix. Spread on a baking sheet lined with parchment paper or silpat mats.

Toss the remaining oil with the kale, followed by the remaining spice mix. Rub the spices and oil together with the kale using your hands. "Massage" the oil into the leaves to soften them. Spread the kale out on two baking sheets, lined with parchment or silpat mats.

Roast the chickpeas for about 20 minutes, and the kale for about 10 minutes. The chickpeas should change in color slightly, but don't let them completely dry out. The kale should shrivel and crisp up around the edges. Give it an extra 5 minutes if needed.

Mix the tahini and lemon juice together in a small bowl. Add a little salt to taste, and a little water if the mixture is too thick. Skip this step if you are using goddess dressing.

Toss the roasted kale and chickpeas together. Just before serving, drizzle the dressing over the mixture.