

Kale Pasta Caesar Salad

MADE WITH LOVE

by Teresa Forchard

Ingredients:

Crispy Chickpeas:

- 1 can chickpeas (15 oz)
- 1 tbsp olive oil
- 1/2 tsp smoked paprika
- 1/4 tsp sea salt

Dressing:

- 2 tbsp olive oil
- 4 tbsp lemon juice
- 2 tbsp tahini
- 1 tbsp dijon mustard
- 1 garlic clove
- 1 tsp nutritional yeast OR finely grated parmesan cheese
- 1/4 tsp salt
- 1/4 tsp pepper
- 4 tbsp water

Salad:

- 8 oz pasta of choice
- 1/3 cup parmesan cheese
- Shredded kale (about 5 cups chopped)

Directions

Crispy Chickpeas

- Preheat the oven to 375 degrees F. Drain & rinse the can of chickpeas and then place on a baking pan between two paper towels. Roll the chickpeas in the paper towels and remove as much water as possible. Some of the skins will come off the chickpeas, discard the skins. (This will make the chickpeas crispier!) Drizzle olive oil, liquid smoke and sea salt on the chickpeas mixing with your hands or a spoon until evenly coated. Bake for 30-40 minutes.

Dressing

- Blend the olive oil, lemon juice, tahini, dijon mustard, garlic, nutritional yeast, salt, pepper and water together in a blender until smooth.

Salad

- Add everything to a bowl and mix to combine to eat immediately. To prep, I layer my ingredients and reserve the dressing to put on when I'm ready to enjoy!