

Chickpea and Kale Caesar Salad

(Please note this file is only the details of the recipe without any of the formatting at this point)

Preparation Time: 15-20 minutes

Ingredients:

For the Caesar Dressing

- 4 Cloves of Garlic (or more...we are garlic appreciators on this page)
- 6-8 capers (optional)
- 1 TSP Salt
- 1 TSP Pepper
- 1-2 TBS Smooth Dijon Mustard (to taste)
- 1 TSP Worcestershire Sauce
- 2 TSP Hot Sauce
- 1 TBS Lemon
- 1 Egg Yolk
- ¼ Cup Olive Oil
- 2 TBS Grated Parmesan Cheese

For the Salad

- Half bunch of Kale
- OR 1 head of Romaine Lettuce
- ¼ Cup Parmesan Cheese

For the Chickpea "Croutons"

- One Can Chickpeas, drained and rinsed
- 2 TBS Neutral Cooking Oil
- 1 TSP Salt
- 1 TSP Pepper
- 1 TSP Paprika
- 1 TSP Dill
- 1 TSP Garlic Powder

Instructions:

1. Preheat oven to 400 degrees.
2. Start by preparing your Chickpea "croutons". Start by draining and rinsing your canned chickpeas. Pat dry with a paper towel, before transferring into a medium sized bowl. Add your oil, and seasonings and mix well – until chickpeas are evenly coated. Distribute chickpeas from your bowl, spreading into an even layer onto a baking sheet. Place in pre-heated oven, and cook for 10 minutes. Remove from oven, flip, and cook for another 5 minutes, or until golden brown

and crispy. Remove from oven, and place into a bowl for later! (You can also cook these in the air fryer at 400 degrees for 10-15 minutes).

3. We will need to prep our preferred lettuce at this point – whether you are using Romaine or Kale. Wash each leaf/stalk of your leafy greens and pat dry with a paper towel. Romaine and Kale both like to be ripped rather than chopped. Tear your greens into your preferred bite-size, and place aside in a bowl for later.
4. Now, we start crafting our salad dressing. Begin by removing the skin from your garlic cloves. Then, you may prepare your garlic one of two ways. You may dice very finely, to the point where it almost resembles a paste. Or, the shorter option, you can simply put each clove into a garlic press to crush. Transfer your garlic paste into a large wooden bowl. Add in your capers, and your salt. With a fork, mash these ingredients together until you have a paste – the caper shells may still be apparent, which is fine! As long as everything resembles a paste.
5. Next, you will want to add your Dijon. Mix well with your fork, in a brisk motion, to incorporate some air into the mixture for 60 seconds. This will thicken, and create a creaminess you want for this dressing. Add in your egg yolk, and continue this mixing process for another 60 seconds.
6. Once these ingredients are incorporated together, add in the rest of your dressing ingredients, except for the Olive Oil. Mix well, until combined.
7. As you are mixing, slowly begin to pour in your olive oil. Do this step slowly, maintaining the same brisk stirring motion as earlier. Once your oil is added, mix for another 30 seconds. This is the best time to take a little taste. I am a cook by taste – if you feel the flavours need more or less of something, add it now! Play with it until it caters to your palette and preferred flavour profile!
8. Once you are happy with your dressing, add in your greens to your large wooden bowl containing your dressing. Massage the greens and the dressing together with your hands, don't be afraid to get dirty! Once those are mixed together and you have washed your hands, you can add your Parmesan cheese and your Chickpea "croutons" to the top of your dish.
9. And that is it! Now you enjoy. This dressing may quickly become a staple in your house, before you know it.