

Kale Salad w/ Carrot Ginger Dressing



INGREDIENTS

- 3/4 c carrots, chopped
- 1/2 c water
- 1/4 c evoo
- 2 tbsp rice wine vinegar
- 2 tsp ginger, minced
- 1 14oz can chickpeas, rinsed, drained and dried
- 1 bunch curly kale, (stems removed) torn into bite size pieces
- 1 tsp lemon juice
- 1/2 tsp evoo
- 1 carrot, grated
- 1 beet (peeled), grated
- 3-4 radish, thinly sliced
- 1 avocado, cubed
- 2 tbsp dried cranberries
- 1/4 c pepitas, toasted
- 1 tsp sesame seeds, toasted
- sea salt and black pepper

INSTRUCTIONS

1. Preheat oven to 400 and line a baking sheet pan with parchment paper. Toss the chickpeas with evoo and place on pan. On the same sheet pan place the 3/4 c of diced carrots separate from the chickpeas and drizzle with evoo and season with salt and pepper. Roast for 25 minutes or until chickpeas are browned and crisp and the carrots are soft.
2. Add carrots to blender with water, 1/4 c evoo, rice vinegar, ginger and season with salt. Blend until dressing is smooth and chill in fridge until ready to use.
3. Place kale leaves into a large bowl and drizzle with lemon juice, 1/2 tsp evoo, and a few pinches of salt. Use your hands to massage the leaves until they become soft and slightly wilted.
4. Add the carrot, beet, radish, cubed avocado, cranberries, pepitas, season with salt and pepper and toss. Drizzle generously with dressing, Top with roasted chickpeas and sesame seeds