

Vegan Kale Caesar Salad with Roasted Chickpea Croutons

Recipe by Oh She Glows

INGREDIENTS:

Salad:

1 Medium bunch organic lacinato kale, destemmed and washed (5 cups chopped)

Roasted Chickpea Croutons:

1 can organic chickpeas, drained and rinsed (or 1 ½ cups homemade)

1 tsp extra virgin olive oil

½ tsp sea salt

½ tsp garlic powder

Caesar Dressing:

½ cup raw cashews, soaked in hot water for 10 min

¼ cup water

1 TBSP lemon juice

½ TBSP Dijon mustard

½ tsp garlic powder

1 small garlic clove

½ TBSP vegan worcestershire sauce

2 tsp capers

½ tsp sea salt and pepper, or to taste

Vegan Parmesan Cheese:

¾ cup raw cashews (NOT pre-soaked)

3 TBSP nutritional yeast

¼ tsp garlic powder

¾ tsp sea salt

METHOD:

Roasted Chickpea Croutons:

1. Preheat oven to 400 deg and place drained/rinsed chickpeas in a towel and rub dry
2. Place onto a large rimmed baking sheet
3. Drizzle on oil and roll around to coat
4. Sprinkle on the garlic powder and salt and stir to coat
5. Roast for 20 min
6. Then gently roll around on the baking sheet and roast for another 10-20 min until lightly golden. They will firm as they cool

For the dressing:

1. While the croutons are roasting, prepare the dressing by adding all ingredients except the salt to a high speed blender. Blend on high until the dressing is super smooth. You can add a splash of water if needed to help blend
2. Add salt to taste or adjust other seasonings and set aside

For the Parmesan Cheese

1. Add all ingredients to a food processor and pulse/mix until finely chopped. Do not over blend or you will get cashew butter!

Putting it all together for the salad:

1. Place your destemmed, chopped, washed organic kale in a large salad bowl
2. Massage with your hands to soften the leaves a few times
3. Add the dressing and toss until fully coated
4. Sprinkle the roasted chickpeas and as much of the parmesan cheese on top as you like and serve immediately!

*Leftover kale caesar salad will keep for 1-2 days in the fridge

*Leftover dressing will keep in the fridge for up to a week

*Leftover parmesan will keep in the fridge for over a week if you want to make some to have for later

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Chickpea Casear Wrap

1. Follow instructions above, except when roasting the chickpeas, roast for 25 min total
2. Warm a pita or flatbread in the toaster oven lightly so it is warm but not toasted
3. Fill your flatbread as desired with the ingredients and sauce plus (optional) add red onion and tomato

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Alternative / Additional Dressing Recipe!

By Real and Vibrant

Cuz you can never have too many tasty salad dressing recipes!

Lemon Tahini Dressing

INGREDIENTS:

¼ cup tahini

¼ cup water

½ lemon, juiced

1 clove garlic, minced

¼ tsp sea salt

Pinch of black pepper

1 tsp maple syrup (optional)

METHOD:

1. Combine tahini, lemon juice, garlic, sea salt, and pepper in a small mixing bowl and whisk for about 30 sec until thick and creamy
2. Add the water and whisk again until smooth and creamy - about 1 min
3. Adjust seasoning if needed to task
4. Enjoy immediately and store left over in a glass jar to keep for up to a week

Ways to enjoy:

On salads, wraps, sandwiches, bowls, dip for veggies, on roasted veggies, on toasted bread