

# KALE CAESAR WITH CRISPY CHICKPEAS

YIELD: 100 side salads

Chef Ryan Eckles

KALE YEAH! No anchovies were harmed in the making of this delicious side. The recipe calls for giving the kale a quick massage to loosen up the leaves before we cover it with our delicious dressing - don't skip this crucial step! By rinsing the kale after the massage we are able to remove the bitter enzymes released on the surface while maintaining the tender texture. After the leaves are dressed, finish with some crispy chickpeas for a great way to get kids clamouring to eat this underrated superfood.

## INGREDIENTS

- 3 pounds Kale
- 1 qt Mayonnaise
- 4-6 cloves Garlic
- ½ cup Lemon Juice
- 3 Tablespoons Dijon Mustard
- 3 Tablespoons Red Wine Vinegar
- 3 cups Parmesan
- 1.5 Tablespoons Black Pepper
- Water to thin
- 50 oz Roasted Chickpeas

## DIRECTIONS

1. For dressing, mince garlic and let soak with lemon juice and vinegar for 5-10 minutes.
2. Whisk in mayo, dijon, parmesan, and black pepper. Thin with water 1-2 tablespoons at a time until desired consistency is reached. Keep cool until ready to dress.
3. Remove stems/ribs from kale. Massage for 1-2 minutes to soften the leaves gently. They will darken - this is ok. Cut or tear into bite size pieces. THEN RINSE and dry.
4. Toss with vegetarian caesar and garnish with roasted chickpeas. Optional sprinkle of more parmesan.

## RECIPE NOTES - KALE CAESAR WITH CRISPY CHICKPEAS

Nutritional information per serving\*: 83 calories; 0.88 g sat. fat; 193 mg sodium; 8.96 g carbohydrate

*\*nutrient data and allergen information may vary depending on the specific ingredients and equipment used in your location.*