

Creamy Cajun Chickpea Kale Salad

INGREDIENTS

Buttermilk Dressing

- 1 cup buttermilk
- 2/3 cup light mayonnaise
- 2 Tbsp. lemon juice
- 1/2 tsp. salt
- 1/2 tsp garlic powder
- 1/2 tsp. dried oregano
- black pepper (to taste)

Cajun Spiced Chickpeas

- 2 15 oz. cans of chickpeas
- 2 Tbsp. olive oil
- 1/2 tsp. salt

- 1 tsp. smoked paprika
- 1/2 tsp. garlic powder
- 1/4 tsp. onion powder
- 1/2 tsp. dried oregano
- 1/4 tsp. cayenne pepper
- 1/4 tsp. dried thyme
- black pepper (taste)

Salad

- 2 bunches of lacinato kale
- 1/2 red onion, sliced
- 3 Tbsp. Parmesan cheese, grated



Adapted from: budgetbytes.com
This institution is an equal opportunity provider. This material was funded in part by SNAP.

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TIME: 25 MINUTES
SERVINGS: 4
SERVING SIZE: 1.5 CUPS



PROCEDURE

1. In a medium bowl, mix together the buttermilk dressing ingredients. Taste the dressing and add more salt if desired. Refrigerate the dressing until ready to use.
2. Drain and rinse the chickpeas. Add olive oil to a skillet and place over medium heat. Add the chickpeas along with the rest of the Cajun chickpeas ingredients to the skillet. Sauté for about 5 minutes or until the chickpeas are slightly toasted and remove from heat.
3. Wash the kale and remove the stems. Slice the kale leaves into thin strips.
4. Thinly slice the red onion.
5. To build the salad, place the washed kale in a large bowl, add the chickpeas, red onion, and a sprinkle of Parmesan cheese. Drizzle the buttermilk dressing over the salad and serve.

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