




Kale Caesar Salad with Chickpeas

Ingredients:

- 1 can chickpeas, rinsed and drained
- 2 tablespoons olive oil
- ½ teaspoon paprika
- ½ teaspoon black pepper
- ½ teaspoon salt
- 6 cups kale, chopped
- ¼ cup shaved parmesan cheese
- ½ cup oil based Caesar dressing

Instructions:

1. Rinse chickpeas under water. Pour into small bowl and dry by dabbing with paper towels.
2. Toss chickpeas in a bowl with olive oil, paprika, pepper, and salt.
3. Place in microwave for 1 minute. Remove from microwave and toss half- way through. If you want them crispier, place in microwave for 20-30 more seconds.
4. Place chopped kale in large bowl. Top with roasted chickpeas, cheese, and Caesar dressing. 

Variations:

- Serve with 100% whole grain crackers- Triscuit, Mary's Gone, Ak-Mak or Wasa crackers or tortilla chips.
- Use different herbs to tailor taste.
- Swap Caesar dressing for raspberry vinaigrette, low- fat ranch, or poppy seed!

Prep Time: 10 minutes

Cooking Time: 30 minutes

Equipment:

Knife
Cutting board
Measuring spoons/ cups
Mixing bowl
Baking sheet
Oven (optional)

Servings: 4

Serving Size: 1 cup



Nutrition Facts: 260 Calories, 11 g Fat, 02 g Saturated Fat, 34 g Carbohydrates, 11 g Protein, 8 g Fiber, 8 g Sugar, 980 mg Sodium.

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

BROUGHT
TO YOU BY: Campus Health Service • ASUA • SHAC