

Whole**SOME** Eats

Kale, Chickpea, & Apple Salad



Serves 8

Prep time: 10 min

Ingredients

2 cans (15-oz.) Chickpeas, rinsed and drained

2 Tbsp. Extra-virgin Olive Oil

¼ tsp Kosher Salt

½ tsp Ground Black Pepper

1 tsp Extra-virgin Olive Oil

1 large bunch Kale

2 large Apples, chopped

¾ cup Cherries

2 cups Red Cabbage, shredded

For the dressing:

½ cup Lime Juice

¼ cup Honey

¼ cup Olive Oil

1 tsp Salt



Materials

1 Large Bowl • Whisk or Fork • Sharp knife • Wooden Stirring Spoon • Measuring spoons • Measuring cups

Directions

1. Preheat oven to 425 °F
2. Pat chickpeas dry with paper towels
3. Toss chickpeas with olive oil, salt, and pepper
4. Roast in oven for 30 minutes, shaking occasionally, then let cool
5. In a large bowl, whisk lime juice, honey, and olive oil, add salt a little at a time and adjust other ingredients to taste
6. Massage kale with just a teaspoon of olive oil before chopping
7. Add kale, apples, raisins, and red cabbage to the large bowl and toss to coat
8. Top with chickpeas
9. Best served cold, but great immediately, as well