



Creamy Garlic Kale with Crispy Chickpeas & Sweet Potato

3 servings

40 minutes

Ingredients

- 1 Garlic (whole bulb)
- 2 cups Chickpeas (cooked, drained and rinsed)
- 1 Sweet Potato (diced into half inch cubes)
- 1 1/2 tbsps Coconut Oil (melted)
- 1 1/2 tsps Curry Powder
- 1 tsp Garam Masala
- 1 tbsp Chili Powder
- 1 tsp Paprika
- 1/4 cup Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 2 tbsps Dijon Mustard
- 1/2 tsp Black Pepper
- 1/4 tsp Sea Salt
- 8 cups Kale Leaves (chopped)

Directions

- 1 Preheat the oven to 400°F (204°C). Line a large baking sheet with parchment paper. Peel apart the garlic cloves, leaving the skin on. Place them on one edge of the baking sheet.
- 2 Place your chickpeas and diced sweet potato in a mixing bowl. Add in the coconut oil, curry powder, garam masala, chilli powder and paprika. Mix well and transfer to your baking sheet with the garlic. Bake in the oven for 25 to 30 minutes or until chickpeas are golden brown. Remove from oven and set aside.
- 3 Take your garlic cloves and peel away the skin. Add the remaining garlic flesh into your food processor or blender. Add the olive oil, lemon juice, dijon mustard, black pepper and sea salt. Blend until smooth and creamy.
- 4 Place your kale leaves in a large salad bowl, drizzle desired amount of dressing over top and mix well. Divide into bowls and top with the roasted chickpeas and sweet potato. Enjoy!

Notes

Save Time: Used pre-washed and sliced bagged kale.

No Kale: Use spinach, romaine or any leafy green.

No Sweet Potato: Use diced carrot or beet instead.

Make it Ahead: The dressing and roasted veggies can be made up in advance. Toss the kale in the dressing when ready to eat.