

Vegan Caesar Salad with Roasted Chickpeas

Swick

Serves 1 | Active Time: 20 minutes | Total Time:

Step 1: Make the Salad

- Large bunch of kale
- Large bunch of chard
- $\frac{3}{4}$ cup of croutons
- $\frac{1}{2}$ cup vegan parm – like kelly's brand - or crushed, roasted, salted macadamia nuts
- $\frac{1}{2}$ cup cherry tomatoes sliced in half
- DRESSING
- $\frac{1}{2}$ cup chickpeas
- 3 tbsp olive oil, divided
- 3 tbsp fresh lemon juice divided
- 1 tbsp capers
- 1 tbsp sweet mellow miso paste
- 2-4 cloves of garlic
- Pinch of sea salt
- Pinch of pepper

Remove large stems from your kale and rough chop swiss chard and kale together.

Using one tbsp of olive oil and 1 tbsp of lemon juice massage the kale and chard for 3 min or more to soften the leaves.

Make the dressing: combine chickpeas with 2 tbsp olive oil, 2 tbsp lemon juice, capers, miso, garlic, salt, and pepper in the pitcher of your blender. Blend until smooth.

Toss the leaves in the dressing and let sit to allow the kale and chard to soften more.

Add the remaining ingredients to finish the salad right before serving.