

Kale Caesar Salad with Tofurky Chick'n

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF DEE THOMAS

Servings: 10 Serving Size: 4 ounces

| Ingredients | Quantity | Measure |
|---------------------|----------|---------|
| Baby kale | 1 | Pound |
| Kalamata olives | 3 | Ounces |
| Chickpeas | 3 | Ounces |
| Red onion, sliced | 2 | Ounces |
| Tahini | 3 | Ounces |
| Lemon juice | 1 | Ounce |
| Garlic, minced | ½ | Ounce |
| Olive oil | 2 | Ounces |
| Tofurky Chick'n | 8 | Ounces |
| Salt | ½ | Ounce |
| Ground black pepper | ½ | Ounce |
| Garam masala | 1 | Ounce |

Preparation

1. Toss chickpeas with olive oil, garam masala, salt, and pepper. Toast chickpeas in the oven and cool.
2. Combine tahini, lemon juice, and garlic. Whisk in olive oil to emulsify dressing.
3. Mix kale, kalamata olives, chickpeas, and red onion. Gently toss with dressing.
4. In a sauté pan, lightly brown Tofurky Chick'n.
5. Top salad with Tofurky Chick'n.

Nutrition Information

 *From USDA Nutrient Database

Calories: 282 Total Fat: 15g Saturated Fat: 2g Trans Fat: 0g Cholesterol: 0mg Sodium: 950mg
Carbohydrates: 22g Fiber:4g Sugar:4g Protein: 14g

