

Kale Caesar Salad
Chickpea, Tomato and Cucumber Salad
by Jyothi Rao, MD (Book Publishing Company)

Kale Caesar Salad

Allergens: Nuts, Seeds

Ingredients for Kale Caesar Salad

- 3 cups stemmed and coarsely chopped curly kale, lightly packed
- 2/3 cup Vegan Caesar Dressing
- 1/3 cup nutritional yeast flakes
- 1/4 cup raw walnuts or sunflower seeds
- 1/4 teaspoon sea salt
- 3/4 cup unsalted cooked or canned chickpeas, rinsed and drained
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Directions/Preparation Steps for Kale Caesar Salad

1. Put the kale in a large bowl and add 3 tablespoons of the dressing.
2. Toss until evenly distributed. Set aside for 20 minutes to let the kale soften.
3. Put the nutritional yeast, walnuts, and salt in a food processor and pulse just until the walnuts are coarsely chopped. Set aside.
4. Add the remaining dressing to the kale and toss until evenly distributed.
5. Add the chickpeas and toss briefly, just until evenly distributed.

Ingredients for Vegan Caesar Salad Dressing

- 1/2 cup mashed soft tofu
- 1 tablespoon freshly squeezed lemon juice
- 1 tablespoon mellow white miso
- 1 tablespoon Dijon mustard
- 2 teaspoons garlic powder
- 2 teaspoons apple cider vinegar
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon sea salt

Directions/Preparation Steps for Vegan Caesar Salad Dressing

Put all the ingredients in a high-speed blender and process until smooth. Stored in a covered container in the refrigerator, the dressing will keep for four days.

Assembly

To serve, divide equally among three large plates and sprinkle with the nutritional yeast mixture. Alternatively, put the salad in a serving dish and pass the nutritional yeast mixture at the table.

Chickpea, Tomato and Cucumber Salad

Allergens: None

Ingredients for Chickpea, Tomato and Cucumber Salad

- 1 (15-ounce) can no-salt-added chickpeas, drained and rinsed
- 1 1/2 cups cherry tomatoes, cut in half
- 1 seedless cucumber, diced
- 1 green bell pepper, diced
- 8 scallions, sliced
- 2 tablespoons coarsely chopped fresh parsley
- 1/4 cup freshly squeezed lemon juice
- 2 cloves garlic, pressed
- 1/4 teaspoon sea salt
- 6 tablespoons tahini

Directions/Preparation Steps for Chickpea, Tomato and Cucumber Salad

1. To make the salad, put the chickpeas, tomatoes, cucumber, bell pepper, scallions, and 1 tablespoon of the parsley in a large bowl and toss until well combined.
2. To make the dressing, put the lemon juice, garlic, and salt in a small bowl and whisk to combine.
3. Add the tahini, 1 tablespoon at a time, whisking to blend after each addition. Add a little water, if needed, to achieve a creamy sauce.
4. Pour over the salad and toss until evenly distributed.

Assembly

Serve in small bowls or on lettuce leaves. Garnish with remaining table-spoon of parsley.