

Kale and Romaine Caesar Salad with Roasted Chickpeas

Roasted Chickpeas

1 (15.5-oz.) can chickpeas, drained, rinsed, and dried
1 tbs. extra-virgin olive oil
Pinch garlic powder
Pinch Kosher salt
Pinch black pepper
Zest of 1 lemon

Caesar Salad

2 cups kale leaves
2 cups Romaine lettuce
Juice of 1 lemon
¼ cup Caesar dressing (we love Bolthouse Farms Caesar – low calories and low fat)
2 tbs. shredded Parmesan

Preheat oven to 375. Make sure the chickpeas are thoroughly dried before you roast them; this is how they get that amazing texture! Combine all ingredients for roasted chickpeas in a shallow oven-safe dish. Roast at 375 for 45 minutes, until chickpeas are crunchy. Set aside.

Place kale leaves and Romaine lettuce in a large serving bowl and drizzle lemon juice all over. Massage kale leaves with tongs to evenly distribute the lemon juice. Let sit for 10 minutes. Add Caesar dressing. Toss to combine and let rest another 5 minutes. Sprinkle Parmesan and roasted chickpeas (as many as you'd like) all over. Serve immediately.

Roasted chickpeas will last in the refrigerator, covered, for about a week.



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