



Kale & Cauliflower Salad

Serves 4-6

Ingredients

- 4 cups green curly kale (I used redbor kale from my farmers market)
- 4 cups Cauliflowerettes, cut into ½ inch pieces
- ½ cup cooked and rinsed garbanzo beans (chickpeas)
- About ¼ cup lemon tehina dressing
- 2 Tbsp fresh chopped mint
- 2 Tbsp dried barberries, dried cherries, dried cranberries or pomegranate seeds- depending on the season. If using cherries or cranberries, dice them into tiny currant sized pieces.

Instructions

Preheat the oven to 425 and line a large, rimmed cookie sheet with parchment or foil.

Begin by removing kale leaves from the stems until it looks like you have 4 cups worth, and roughly tear into pieces that are about 1 ½ inches. Add ½ tsp sea salt and massage for 3-5 minutes. Taste the kale and if it is no longer bitter, you are done and should get a masseuse license! When you are finished it will have decreased in volume and feel softer. Set aside while you do everything else.

Toss cauliflowerettes with olive oil and bake on a prepared cookie sheet in the oven for 15 minutes. They won't be finished but you can add beans to the pan and do both at the same time!

Dry the garbanzo beans well and coat them with one teaspoon extra virgin olive oil and roast along with cauliflowerettes on the same rimmed sheet. Continue cooking both the beans and cauliflower for another 10 minutes or until nicely browned, sizzling and even charred on the edges. Remove from the oven.

Whisk together the tehina dressing.

You can make the salad while the vegetables are still warm or do it once they are room temperature. Add the kale to the roasted vegetables, barely coat with tehina dressing and fold in barberries and chopped mint. Eat. Eat more!