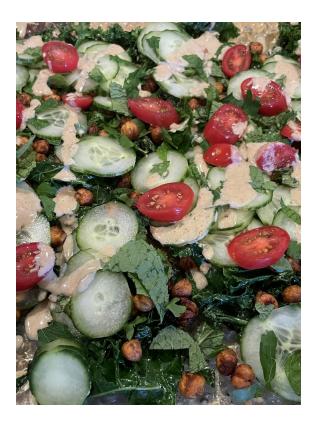
Salad

Crunchy Mediterranean Salad



Ready in 1 hour 10 minutes

Serves 6-8

Ingredients

- 2-16 oz cans of Garbanzo beans, drained
- 4 cloves of garlic, minced and separated (2 each)
- 2 tsp ground cumin
- 1 tsp smoked paprika
- 2 bunches of kale
- Olive oil
- Salt and pepper
- 1 large English cucumber, sliced thin
- 1 tomato, cut up and or 1 small red pepper, sliced

Tahini Dressing

- ⅓ cup tahini
- ⅓ cup plain low fat yogurt
- Juice of one lemon
- 1 tsp seasoned salt, or garlic salt
- 1 Tbsp sugar
- 2 cloves garlic, minced
- ½ tsp ground allspice
- 3 dashes of Tabasco (optional)
- ½ cup cilantro and mint, chopped

Preparation

- 1. Preheat oven to 350 degrees
- 2. Pat the garbanzo beans dry and place in a large cookie sheet.

- Add 2 cloves of minced garlic, mix well. Drizzle with 3-4 Tbsp of olive oil, ensure it's well coated.
- 4. Add the cumin and smoked paprika, mix well.
- 5. Bake for 20-35 minutes until golden brown.
- 6. While beans are baking, rinse and pat the kale dry. Remove stems and tear into bite size pieces.
- 7. Saute kale in 2 Tbsp of olive oil and a pinch of salt until wilted, about 3 minutes. Best to do in two batches. Set aside.
- 8. To make dressing, combine tahini, yogurt, 2 cloves minced garlic, juice of one lemon, 1 tsp seasoned salt, 1
 Tbsp sugar, ½ tsp allspice. If it's too thick, add 1 tsp of water at a time to get a nice smooth consistency.
- Remove garbanzo beans from the oven when golden brown and crunchy, let cool.
- 10. In a large serving tray, plate the kale. Top with garbanzo beans, cucumbers, and tomatoes. Drizzle with dressing, top with cilantro and mint, drizzle with a second light coat of dressing. Add a pinch of pepper.

Tips

The dressing tastes even better the next day, so if you have time, make it the day before.

Spiritual Message from this recipe

This recipe takes time and is a bit labor intensive. Just like in life, the hard work pays off and is so worth it!