

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

- $\frac{1}{3}$  cup tahini
- $\frac{1}{3}$  cup plain low fat yogurt
- Juice of one lemon
- 1 tsp seasoned salt, or garlic salt
- 1 Tbsp sugar
- 2 cloves garlic, minced
- $\frac{1}{2}$  tsp ground allspice
- 3 dashes of Tabasco (optional)
- $\frac{1}{2}$  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.

3. 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.
9. 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.

### **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!

### **Tips**

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