

Chickpea Caesar Salad

Prep time:

45 minutes

Cooking time:

35 minutes

Yields:

6 people

Ingredients:

For the Roasted Chickpea Croutons:

- 1 (14-ounce/398 mL) can chickpeas (or 1 1/2 cups cooked), drained and rinsed
- 1 teaspoon extra-virgin olive oil
- 1/2 teaspoon fine grain sea salt
- 1/2 teaspoon garlic powder
- 1/4 teaspoon smoked paprika

For the Caesar Dressing:

- 1/2 cup raw cashews, soaked overnight
- 1/4 cup water
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon red wine vinegar
- 1 tablespoon lemon juice
- 1/2 tablespoon Dijon mustard
- 1-2 | garlic cloves
- 1/2 tablespoon vegan Worcestershire sauce
- 2 teaspoons capers
- salt and pepper to taste

For the Nut and Seed Parmesan Cheese:

- 1/3 cup raw cashews (not soaked)
- 2 tablespoons hulled hemp seeds

- 1 small garlic clove
- 1 tablespoon nutritional yeast
- 1 tablespoon extra-virgin olive oil
- salt to taste

For the lettuce:

- 4 cups baby kale
- 2 small heads romaine lettuce

Directions:

1. Soak cashews in a bowl of water overnight, or for at least a few hours. Drain and rinse.
2. Roast chickpea croutons: Preheat oven to 400°F. Drain and rinse chickpeas. In a mixing bowl, combine chickpeas, oil, garlic powder, salt, and smoked paprika. Toss to coat. Place onto large rimmed baking sheet covered with parchment paper. Roast for 20 minutes at 400°F, then gently roll the chickpeas around in the baking sheet. Roast for another 10 to 20 minutes, until lightly golden. They will firm up as they cool.
3. Prepare the dressing: Add the cashews and all other dressing ingredients into a high-speed blender, and blend on high until dressing is super smooth. You can add a splash of water if necessary to get it blending. Check seasonings and adjust if desired. Set aside.
4. Prepare the Parmesan cheese: Add cashews and garlic into a mini food processor and process until finely chopped. Now add in the rest of the ingredients and pulse until the mixture is combined. Salt to taste.
5. Prepare the lettuce: Chop up washed romaine into bite-sized pieces. Rinse and then spin dry. Place into bowl along with kale.
6. Assemble: Add dressing onto lettuce and toss until fully coated. Season with a pinch of salt and mix again. Now sprinkle on the roasted chickpeas and the Parmesan cheese. Serve immediately.