

# APPLE-CHICKPEA KALE SALAD

*with* orange-mustard-dill dressing MAKES 4 BOWLS

This recipe is a delight of contrasting textures, temperatures and flavors. Yes, this is a salad, but it isn't your choke-down-your-raw-veggies kind of salad. It is the kind of salad that has warm *and* cold veggies, crunchy apples, meaty chickpeas, the slight tingle of a thinly sliced red onion, and more to keep you interested in what your next bite combination will be. A better name is required for a salad like this — come to think of it, it's a smorgasbowl!

## Salad

2 tablespoons butter or cooking oil  
2 small zucchini, diced  
1/2 small yellow onion, diced  
1 (15-16 ounce) can of chickpeas, strained and rinsed  
1 bunch Tuscan kale, large stems removed and chopped fine  
1 tablespoon olive oil  
1/2 teaspoon sea salt  
1 medium honeycrisp or similar apple, diced  
1/2 small red onion, sliced thin

## Dressing

1/4 cup orange juice  
1 tablespoon lemon juice 1/4 cup olive oil  
2 tablespoons mustard 1 teaspoon dried dill

1. Heat two tablespoons of butter or cooking oil in a sauté pan over medium-high heat until hot, then add the zucchini and onions. Cook zucchini and onions in the pan, stirring with a spatula, until zucchini and onions are softer and lightly browned, about 6 minutes.
2. Add strained and rinsed chickpeas to the pan with the zucchini and onions and sauté over medium-high heat until chickpeas are heated through, about 2 minutes. Once done, remove from heat and set aside.
3. Massage the kale in a large bowl by first coating the kale with the olive oil, sprinkling with the sea salt, and then squeezing the kale firmly in your hands until all the kale has lost some water and wilted considerably. Add the apples and red onion into the bowl with the kale and toss together.
4. Make the dressing by adding all the ingredients to a small glass jar with a lid and shaking until well combined.
5. To serve, arrange equal portions of kale salad and warm zucchini, onions and chickpeas in bowls. Drizzle with dressing and enjoy!