

BABY KALE SALAD WITH LEMON, PARMESAN & CRISPY ROASTED CHICKPEAS

from [ONCE UPON A chef](#)

(2-4 servings)

Ingredients

For the Roasted Chickpeas

- 1 (15 oz) can **chickpeas**, rinsed and drained
- 1 Tbsp extra-virgin **olive oil**
- ½ tsp **salt**
- ¼ tsp freshly ground **black pepper**

For the Salad

- 1 Tbsp freshly squeezed **lemon juice**
- 3 Tbsp extra-virgin **olive oil**
- 1 small **garlic clove**, minced
- ¼ tsp **salt**
- ⅛ tsp freshly ground **black pepper**
- 1 (5 oz) bag or container **Baby Kale** or **Kale/Dark Greens Mix**
- ½ cup shaved **Parmigiano-Regianno**

Preparation

- 1.** Preheat oven to 425° F. Line a baking sheet with aluminum foil.
- 2.** Place the chickpeas on the prepared baking sheet and toss with the olive oil, salt and pepper. Roast for 10-12 minutes, stirring once, until the chickpeas are slightly shrunken and crispy. Let cool.
- 3.** In a large bowl, combine the lemon juice, olive oil, garlic, salt and pepper. Add the greens and toss until evenly coated. Taste and adjust seasoning, if necessary (I usually add a bit more salt). Arrange on plates and top with Parmigiano-Regianno shavings and crispy roasted chickpeas.

NOTE If you can't find baby kale, feel free to substitute any other deep green blend, arugula or Lacinato kale (you'll just have to chop the leaves and let it marinate a bit).