RECIPE

Kale salad with carrot-ginger dressing

A hearty vegan lunch of massaged kale, chickpeas and quinoa in a bright carrot-ginger dressing, with about 359 mg sodium a serving.

MAKES

4 servings US Metric

TOTAL

35 min

Ingredients

- [ ] ¾ cup chopped carrot, for the dressing
- [ ] 3 tbsp extra-virgin olive oil, for the dressing
- [ ] 2 tbsp apple cider vinegar
- [ ] 2 tsp grated fresh ginger
- [ ] ⅓ cup water, for the dressing
- [ ] ¼ tsp salt, for the dressing
- [ ] 6 cups chopped raw kale, stems removed
- [ ] 2 tsp extra-virgin olive oil, for the kale
- [ ] 1 tbsp lemon juice
- [ ] ¼ tsp salt, for the kale
- [ ] 1 can (15 oz) no-salt-added chickpeas, drained and rinsed (1½ cups, 246 g)
- [ ] 2 cups cooked quinoa, cooked in water with no salt
- [ ] 1 cup grated carrot

Method

1. Cook the quinoa in plain water until the little tails curl out and no white dot is left in the middle, then spread it on a plate to cool. Cooking it a day ahead works well.

2. Make the dressing: put the carrot, 3 tbsp of the oil, the cider vinegar, ginger, ¼ tsp of the salt and ⅓ cup water in a blender. Blend on high for a full minute, until it is smooth and pours like thin cream. Scrape it into a jar.

3. Put the kale in a big bowl. Add the 2 tsp oil, the lemon juice and the other ¼ tsp salt. Squeeze and rub the leaves with your hands for 2 minutes, until they darken, wilt and shrink by about half.

4. Add the chickpeas, quinoa, grated carrot, radishes and pepper. Pour in about two thirds of the dressing and toss until every leaf shines.

- [ ] 4 medium radishes, thinly sliced
- [ ] ¾ cup cubed avocado
- [ ] ¼ cup raw pumpkin seeds
- [ ] ¼ tsp black pepper

5. Divide among four bowls. Top each with a quarter of the avocado and a quarter of the pumpkin seeds, and spoon the last of the dressing over the top.

6. Keeps 3 days in the fridge without the avocado; add that fresh. Dressing keeps 4 days in a jar; shake it before use. Eat leftovers cold, not reheated.