

Lemon Kale Salad with Chickpeas & Avocado

8 ingredients · 20 minutes · 2 servings



Directions

1. Add the kale leaves to a large bowl.
2. In a small bowl, whisk the extra virgin olive oil, lemon juice and sea salt together. Add the dressing to the kale and massage with your hands to ensure it is evenly coated.
3. Add the chickpeas and avocado to the kale and toss well. Garnish with smoked paprika and pumpkin seeds. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days. For longer lasting leftovers, add the avocado just before serving.

More Flavor

Roast the chickpeas with additional seasonings to enhance the flavor and add a crunch.

Additional Toppings

Add sliced onion, peppers or roasted vegetables such as sweet potato.

Ingredients

4 cups Kale Leaves (stem removed, thinly sliced)

2 tbsps Extra Virgin Olive Oil

1 tbsp Lemon Juice

1/4 tsp Sea Salt

1 3/4 cups Chickpeas (cooked)

1 Avocado (cubed)

1/8 tsp Smoked Paprika

2 tbsps Pumpkin Seeds

Nutrition

Amount per serving

Calories	570	Calcium	195mg
Fat	36g	Iron	7mg
Saturated	5g	Vitamin D	0IU
Trans	0g	Vitamin E	5mg
Polyunsaturated	6g	Thiamine	0.3mg
Monounsaturated	22g	Riboflavin	0.4mg
Carbs	52g	Niacin	3mg
Fiber	20g	Vitamin B6	0.5mg
Sugar	8g	Folate	356µg
Protein	18g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	318mg
Sodium	336mg	Magnesium	113mg

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Potassium	1062mg	Zinc	3mg
Vitamin A	2278IU	Selenium	6µg
Vitamin C	54mg		