

## Butternut & Kale Salad with Maple Roasted Chickpeas

**Prep Time** : 15 minutes **Cook Time** : 30-40 minutes **Servings** : Serves: 4 **Source** : Dishingupthedirt.com

### INGREDIENTS

#### For the salad:

1 large bunch of kale (about 6 cups), tough stems removed and torn into bite size pieces

1/4 cup toasted pecans, roughly chopped

1/4 cup raisins

1 medium-small butternut squash, peeled and cut into 1 inch chunks

salt and pepper to taste

1 Tablespoon olive oil

#### For the Chickpea Croutons:

1 cup cooked chickpeas, patted dry

1 Tablespoon olive oil

1 Tablespoon pure maple syrup

1/2 teaspoon fine sea salt

#### For the vinaigrette:

1/4 cup balsamic vinegar

1/2 tablespoon pure maple syrup

1 teaspoon dijon style mustard

1/4 cup extra virgin olive oil

pinch of fine sea salt and dash of ground pepper

### DIRECTIONS

Preheat the oven to 425 degrees. Toss chopped butternut squash with 1 Tablespoon olive oil and a sprinkle of salt. Place on a prepared baking sheet. On a separate baking sheet toss chickpeas with olive oil (not the syrup yet) and salt. Place both trays in the oven and bake until squash is fork tender and chickpeas are lightly browned on all sides. About 25-35 minutes. Toss squash and chickpeas every 10-15 minutes keeping a close eye to make sure nothing burns.

Once chickpeas are beginning to brown up a bit remove from the oven. Drizzle with the maple syrup, toss until well combine and place back in the oven for an addition 5-10 minutes or until golden brown and crunchy.

While veggies cook prepare your dressing. Whisk all the ingredients together until well combine. Taste test and adjust seasonings as necessary. This works well with an immersion blender or food processor for an extremely smooth dressing.

Place kale in a large salad bowl. Drizzle with half of the dressing and lightly massage it into the leaves until they turn bright green and feel tender. Toss in cooked squash, chickpeas, pecans and raisins. Drizzle with more dressing and season to taste with salt and pepper. Serve at room temperature.

### NOTES

\*Use this recipe as a guide. \*The chickpeas don't stay crunchy overnight so make them the day of. \*Cooking times will vary depending on the size of your veggies, type of chickpeas and personal oven. \*Adjust measurements and ingredients to suite your taste and serving size. \*Have fun in the kitchen and don't be afraid to try something new.