

Orange Scented Kale Salad with Smoky Chickpea Croutons

- 2 oranges, 1 zested, segmented
- 2 t Dijon mustard
- 1/4 c balsamic vinegar
- 1/4 red onion, thinly sliced
- 1 -2 carrots julienned or grated
- 1 bunch kale, stems finely chopped if not too tough, leaves bite sized and massaged
- 1/4 c thinly sliced basil
- 1/2 c pistachios whole or roughly chopped (Can substitute walnuts, cashews, pine nuts, pumpkin seeds, or sunflower seeds.)
- Smoky Chickpea Croutons

In a large bowl, mix orange segments, zest, mustard and vinegar. Add onion, and mix, then layer on kale stems, carrot, kale and basil. Toss with nuts before serving. Garnish each serving with Smoky Chickpea Croutons. Serves 6.

Smoky Chickpea Croutons

- 1 14 oz can chickpeas, well rinsed and well drained
- 1 T olive oil (optional)
- 2 cloves garlic, pressed and chopped or grated on a microplane
- 1 t smoked paprika
- sea salt and freshly ground black pepper

Preheat oven to 400F.

In a medium-sized bowl, combine all ingredients, then spread out on a baking pan. Bake for 30 minutes, shaking pan at halftime. Remove from oven when golden and crispy. Cool. Can be made in advance and stored in a covered jar.

Jittery Cook