

WHITE BEAN KALE SALAD WITH TAHINI DRESSING



Prep time

10 mins

Cook time

20 mins

Total time

30 mins

A 30-minute kale salad with lemon-herb white beans, garlic croutons, and a creamy tahini dressing. A hearty, flavorful, plant-based side or entree.

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Serves: 4

Ingredients

GARLIC CROUTONS *optional*

- 2 cups (~150 g) white or wheat bread, cubed (day old is best)
- 1/4 cup (60 ml) olive oil (or other neutral oil, such as grape seed or avocado)
- 1/4 tsp each garlic powder, sea salt + black pepper

BEANS

- 1 15-ounce (425 g) can white or butter beans, rinsed and drained
- 1/2 lemon, juiced (1 Tbsp or 15 ml)
- 1 Tbsp (15 ml) olive oil
- 1/4 tsp sea salt
- 1 Tbsp (~4 g) fresh parsley, chopped, plus more for topping

SALAD

- 10 ounces (283 g) kale, chopped, large stems removed
- 1 lemon, juiced (2 Tbsp or 30 ml)
- 1 Tbsp (15 ml) olive oil

- 1 Tbsp (15 ml) maple syrup
- Pinch each sea salt + black pepper
- 1 clove garlic, minced

DRESSING

- 1/3 cup (80 g) *tahini*
- 1 clove garlic, minced
- 1 1/2 lemons, juiced (3-4 Tbsp or 45-60 ml)
- 1-2 Tbsp (15-30 ml) maple syrup
- Pinch each sea salt + black pepper
- Hot water to thin

Instructions

1. If making croutons (optional), preheat oven to 325 degrees F.
2. Add bread cubes to a large mixing bowl. In a separate bowl, whisk together oil, garlic powder, sea salt and pepper, and pour over bread. Toss to combine. Season once more with a bit more garlic powder, salt and pepper. Toss once more.
3. Spread on a bare baking sheet and bake for 15-20 minutes, or until golden brown. Flip/stir at the 10-minute mark to ensure even baking. Set aside.
4. In the meantime, add drained beans to a small mixing bowl and add lemon juice, olive oil, sea salt, and fresh parsley. Toss to combine. Set aside.
5. Add kale to a large mixing bowl with lemon juice, olive oil, maple syrup, salt, pepper and minced garlic. Use your hands to massage the kale and break down its texture a bit, and to season the salad.
6. To prepare dressing, add tahini, garlic, lemon juice, maple syrup, sea salt and pepper to a small mixing bowl. Whisk to combine, then add hot water to thin until pourable. Taste and adjust seasonings as needed. Set aside.
7. Lastly, add beans, croutons, and 3/4 of the dressing to the kale and toss to combine. Serve with any additional dressing and garnish with *vegan parmesan cheese* (optional). Best when fresh. If serving later, store dressing and croutons separate.

Notes

*Nutrition information is a rough estimate for 1 of 4 servings with croutons and dressing.

*Salad inspired by *Deliciously Ella*. Recipe adapted from my *Garlicky Kale Salad with Crispy Chickpeas*.

Nutrition Information

Serving size: 1/4 of salad with dressing
 Calories: 541 Fat: 32 g Saturated fat: 4.7 g Carbohydrates: 58.2 g
 Sugar: 8.7 g Sodium: 607 mg Fiber: 8.6 g Protein: 14.8 g

Source Recipe by Minimalist Baker at <http://minimalistbaker.com/white-bean-kale-salad-with-tahini-dressing/>