WHITE BEAN KALE SALAD WITH TAHINI DRESSING

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.

Author: Minimalist Baker
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
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