



DANDELION FENNEL SALAD



Ingredients

Salad

4 cups kale, chopped
2 cups dandelion greens
1 cup fennel, chopped
1 ½ cups chickpeas
2 tbsp olive oil or avocado oil
salt and pepper to taste

Dressing

2 tbsp olive oil
2 tbsp mayonnaise
2 tbsp apple cider vinegar
2 tbsp minced garlic
1 tbsp maple syrup
1 tbsp smooth Dijon mustard
1 tbsp tahini
1 tsp lemon zest
¼ cup fresh lemon juice
2 cups fresh herbs - dill,
tarragon, chives, parsley,
cilantro, mint, etc.



Instructions

Servings
4-6

Prep Time
15 mins

Bake Time
45 mins

Total Time
1 hour

1. Preheat the oven to 400°F.
2. Rinse and dry the chickpeas, and chop the fennel. Transfer them to a roasting pan and drizzle with oil. Sprinkle them with salt and pepper.
3. Bake the chickpeas and fennel for 45 minutes, stirring halfway through the cooking time.
4. While the chickpeas and fennel are roasting, prepare the rest of the salad. Wash and shred the kale, wash the dandelion greens, then the greens to a large salad bowl.
5. Add all the dressing ingredients to a food processor or blender, then blend until smooth.
6. Once roasted to your liking, remove the roasted chickpeas and fennel from the oven and add them to the salad.
7. Drizzle the salad with the dressing then toss well to evenly coat the vegetables and greens. Season with salt and pepper, to taste. Serve right away and enjoy.