

MORTON & BASSETT SPICES®

Chickpea & Pomegranate Autumn Salad



- 1 bunch curly kale, or about 5-6 stalks
- 1 can chickpeas, drained and rinsed
- 1 cup walnuts
- ¼ cup pumpkin seeds
- 1 cup pomegranate seeds
- ¼ teaspoon Morton & Bassett Turmeric
- ¼ teaspoon Morton & Bassett Ground Ginger
- ¼ teaspoon Morton & Bassett Ground Cinnamon
- ¼ teaspoon Morton & Bassett Ground Cumin
- ¼ teaspoon Morton & Bassett Ground Nutmeg
- 1 teaspoon Morton & Bassett Garlic Powder
- ½ teaspoon Morton & Bassett Fine Ground Black Pepper
- ¼ cup dried cherries
- 2 tablespoons maple syrup
- ⅓ cup apple cider vinegar
- 2 tablespoons Dijon mustard
- ¼ lemon, juiced
- ⅓ cup olive oil, plus 1 tablespoon

Preheat the oven to 400°F. Set drained chickpeas on a parchment lined baking sheet. Add 1 tablespoon olive oil, M&B Turmeric, M&B Ground Ginger, M&B Ground Cinnamon, M&B Ground Cumin, and M&B Ground Nutmeg. Mix to evenly cover all the chickpeas with spices. Set in the oven for 25-30 minutes. To make the salad dressing, combine olive oil, apple cider vinegar, Dijon mustard, maple syrup, lemon juice, M&B Garlic Powder, and M&B Fine Ground Black Pepper. Mix thoroughly and set aside. In a large salad bowl, add roughly chopped kale with stems removed and gently massage for 1-2 minutes. Top the kale with walnuts, pumpkin seeds, pomegranate seeds, roasted chickpeas, and dried cherries. Drizzle the dressing on the salad and toss.

Servings: 4 | Time: 45 minutes



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