

Green Salad With Fennel, Chickpeas And Tahini Dressing

A delicious salad entre. Filling, high in protein and phytonutrients.

Categories

Gluten-free

Yields: 4 servings

Preparation time: 30 mins

Cooking time: 0 mins

Category: Entrees

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Partly raw



Ingredients

| | |
|--|---------------------------------|
| Lettuce, romaine or cos | 1 head |
| Red bell peppers, raw | 1 medium – 2 ½" diameter x 2 ¾" |
| Scallions or spring onions, tops and bulb, raw | 2 medium – 4 1/8" long |
| Broccoli sprouts | 2 x ½ cup |
| Garbanzo beans (chickpeas), canned, drained | 1.5 cup |
| Olive oil | 2 teaspoons |
| Fennel bulb, raw | 2 each |
| Curry powder | 1 tablespoon |
| Coconut oil | 1 tablespoon |
| Black pepper, ground | 1 dash |
| Salt, sea salt | 1 dash |
| Tahini (sesame butter) | 0.25 cup |
| Lemon juice, fresh | 1.5 tablespoon |
| Cider vinegar | 1 tablespoon |
| Garlic, fresh | 2 cloves |
| Tamari sauce | 1 tablespoon |
| Water | 0.25 cup |

Instructions

1. For the salad, wash, and cut romaine lettuce and add to a large bowl. Add diced red pepper and green onions. Set aside.
2. Make the dressing by mixing with a spoon the tahini, lemon juice, cider vinegar, minced garlic, tamari or aminos, and water (to reach desired consistency). Set aside.
3. Turn oven to 350 F. Thinly slice fennel without fonds and stems. Place on a cookie sheet with coconut oil, curry powder and pinch of salt.
4. Drain and rinse can of chickpeas. Place on a separate cookie sheet with olive oil and spices of choice. I like to add a bit of onion powder, garlic powder, turmeric and paprika. Mix to combine.
5. Place fennel and chickpeas in the oven for 10 minutes. Stir and place in the oven for 5 more minutes.
6. To serve place salad on a plate, topped with fennel, chickpeas and tahini dressing. Serve individually. Store separately if there are leftovers.