

## **MASSAGED KALE SALAD WITH FRESH APRICOT & SPICY SKILLET CHICKPEAS**

*(slightly modified from Kelly's Inspired Edibles)*

for the salad:

- 1 generous bunch kale leaves, washed and torn into smaller bite-sized pieces
- 1 (15 Oz) chickpeas, thoroughly rinsed and dried
- 6 fresh apricots, sliced
- 1/3 cup shaved almond, slightly toasted

for the spice mix:

- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/2 tsp curry powder
- pinch smoked paprika
- pinch of ground cinnamon
- sea salt to taste

for the Massage Oil (aka salad dressing):

- 2 Tbsp olive oil
- juice of one lime (about 2 Tbsp)
- 1 tsp honey
- sea salt and coarse black pepper to taste

Warm a dry skillet over medium-high heat and toss chickpeas in warmed skillet for about two minutes to remove any residual moisture. Be sure to shake the pan and/or stir the chickpeas.

Sprinkle the chickpeas with seasonings of choice, including salt and pepper. Stir seasoned chickpeas to mix the spices. After about two minutes, drizzle a little bit of coconut or olive oil over the seasoned chickpeas and toss to combine. Keep stirring the chickpeas and adjust seasonings as desired. When the chickpeas are well saturated with flavor, remove from heat and reserve.

Meanwhile, in a small bowl combine salad dressing ingredients and whisk well.

Place kale pieces in a large mixing bowl and drizzle with dressing. Simply use your fingers to work the oil/dressing into the kale leaves - watch and feel the color/texture transformation. After only two minutes your kale is beautifully seasoned and softened and all set to eat. You will also find that it's easier during the massage stage to remove any excessively hard pieces from the center rib of the kale. The leaves will fall off the rib quite easily and your fingers will be in place to feel it happen and facilitate the process.

Place massaged kale in large serving bowl, or on individual serving plates, and dress with seasoned chickpeas, fresh apricot and almonds.