

RECIPE OF THE MONTH



This kale detox salad is the perfect meal for a cleanse, made with whole, real ingredients. Made with a mouth-watering carrot top pesto and roasted vegetables.

Prep Time 15 minutes
Cook Time 45 minutes
Total Time 1 hour
Servings 2 as a Main, 3-4 as a Side

Ingredients

Carrot Top Pesto

Tops of 1 Bunch Carrots
1/4 Cup Extra Virgin Olive Oil
1/4 Tsp Salt
1/4 Tsp Pepper
Juice from 1/2 a Lemon

Roasted Veg

1 Lb Fingerling Potatoes cut into rounds
3-4 Large Purple Carrots cut into rounds
1 15 oz Can Chickpeas drained and rinsed
A Generous Drizzle of Olive Oil
1 Tsp Salt
1 Tsp Pepper
1 Tsp Dried Parsley
1 Tsp Dried Basil
1/2 Tsp Garlic Powder
Few Sprinkles of Dried Thyme

The Rest of the Salad

A Few Handfuls Lacinato Kale Sliced Thin
1 Cup Cooked Brown Rice
Sliced Jalapeño if desired
Sesame Seeds if desired

Instructions

Preheat oven to 425 degrees F.

Prep vegetables - wash and dry carrots and potatoes. Cut both into rounds (disks), about 1/4 inch thick.

In a bowl, combine chopped potatoes, carrots, and chickpeas. Add in olive oil and spices, and mix well until everything is evenly coated.

On a baking sheet lined with parchment paper, bake vegetables + chickpeas for 45-50 minutes.

When they're done cooking, remove from oven and let cool.

While vegetables are cooking, make pesto - combine all ingredients into a food processor and process on high until a slightly smooth pesto is formed.

In a bowl, mix thinly sliced lacinato kale and pesto until kale is evenly covered. Then, add in roasted vegetables + chickpeas and brown rice. Mix well until everything is evenly combined.

Serve in bowls and top with sesame seeds.

Enjoy!

Recipe Notes

If you can't find lacinato (Tuscan) kale, any other hardy green will do - like chard, regular kale, or collard greens.