



Vegan Garbanzo Shawarma Salad

GF
option

V
option

INGREDIENTS

SALAD

2 (15-oz.) cans Hy-Vee no salt added garbanzo beans, drained and rinsed

2 tbsp Gustare Vita olive oil, divided

1 tbsp harissa seasoning

6 cups kale, chopped

2 tsp fresh lime juice

½ tsp Hy-Vee salt, divided

4 cups romaine lettuce, chopped

1 cup cherry tomatoes, halved

1 cup red onion, sliced

2 avocados, seeded, peeled, and sliced

DRESSING

½ cup almond milk yogurt

2 tbsp fresh lime juice

1 tbsp cilantro, finely chopped

½ tsp Hy-Vee salt

Lime wedges, for garnish, if desired

PREPARATION

- 1** Preheat oven to 425°. Line a rimmed baking pan with foil; spray with nonstick cooking spray. Spread garbanzo beans on prepared baking pan; pat dry with paper towels. Drizzle with 1 tablespoon olive oil; sprinkle with harissa seasoning. Roast 10 to 12 minutes or until golden, stirring halfway through; cool.
- 2** For Salads: Place 6 cups chopped kale in a medium bowl. Add 1 tablespoon olive oil, fresh lime juice, and salt. Gently massage with fingers until kale is dark green and tender. Add chopped romaine lettuce and half of the roasted garbanzo beans; toss to combine.
- 3** Divide mixture among 4 serving plates. Top each with ¼ cup halved cherry tomatoes, ¼ cup sliced red onion, ½ avocado, and remaining roasted garbanzo beans.
- 4** For Dressing: Stir together yogurt, fresh lime juice, finely chopped cilantro, and salt in a small bowl. Drizzle salads with yogurt mixture. Garnish with lime wedges, if desired.

NUTRITION FACTS

Calories: 350
Total Fat: 15g
Saturated Fat: 1.5g
Trans Fat: 0g
Cholesterol: 15mg

Sodium: 620mg
Carbohydrates: 43g
Fiber: 14g
Sugar: 4g
Protein: 13g