



Carrot-Ginger Kale Salad

It may come as no surprise that diets higher in fruits and vegetables and lower in processed foods show positive effects on all aspects of health, including mental health. Leafy green vegetables like kale are rich in folate which is associated with a lower risk of depression. This kale salad from [Love & Lemons](#) has a variety of vegetables and accents to keep things interesting.

Ingredients

Carrot Ginger Dressing

½ cup chopped roasted carrots, from ¾ cup raw carrots
1/3 to ½ cup water
¼ cup extra-virgin olive oil
2 tablespoons rice vinegar
2 teaspoons minced ginger
¼ teaspoon sea salt

Salad

1.5 cups cooked chickpeas
1 bunch curly kale, stems removed, leaves torn
1 teaspoon lemon juice
½ teaspoon extra-virgin olive oil
1 small carrot, grated
1 small red beet, grated
½ watermelon radish, very thinly sliced
1 avocado, cubed
2 tablespoons dried cranberries
¼ cup pepitas, toasted
1 teaspoon sesame seeds
Sea salt & freshly ground black pepper

Directions

1. Make the dressing and roast the chickpeas: Preheat the oven to 400°F and line a large baking sheet with parchment paper. Toss the chickpeas with a drizzle of olive oil and sprinkle with pinches of salt and pepper. Place the carrot pieces for the dressing in their own corner on the baking sheet to roast alongside the chickpeas. Roast for 25 to 30 minutes, or until the chickpeas are browned and crisp and the carrots are soft. Set the roasted chickpeas aside. Transfer the carrots to a blender and add the water, olive oil, rice vinegar, ginger, and salt. Blend the dressing until smooth and chill in the fridge until ready to use.
2. Place the kale leaves into a large bowl and drizzle with the lemon juice, ½ teaspoon of olive oil, and a few pinches of salt. Use your hands to massage the leaves until they become soft and wilted and reduce in the bowl by about half.
3. Add the carrot, beet, watermelon radish, half of the cubed avocado, cranberries, pepitas, a few more good pinches of salt and a few grinds of pepper, and toss. Drizzle generously with the carrot ginger dressing. Top with the remaining avocado, more dressing, the roasted chickpeas and sprinkle with the sesame seeds. Season to taste and serve.

Sources: [Mental Health America](#), [Love & Lemons](#)

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