

MARINATED LETTUCE/KALE & CHICK PEA SALAD

<i>Ingredients</i>	<i>Equipment</i>
Lettuce or Kale Leaves (enough for your group)	Chopping Boards
2 Tablespoons Olive Oil	Chef's Knives
1 Teaspoon Salt	Measuring Cup & Spoons
½ Red Onion	Garlic Crusher
½ Cup Currents	Juicer
1 Teaspoon Sesame Seeds	Large & Medium Mixing Bowls
Juice of 1 Lemon	Small Mixing Bowl
1 Clove Garlic	Colander
2 Teaspoons Dijon Mustard	
1 Can Chickpeas	
Pepper to taste	

What to do

1. Get out all required equipment
2. Weigh and measure ingredients
3. Chop the lettuce roughly.
4. In the large mixing bowl combine the lettuce with 2 tablespoons Olive Oil and 1 teaspoon salt. Toss until evenly coated. Allow to rest at room temperature until lettuce is lightly wilted.
5. Peel and dice the Red Onion, place in the medium mixing bowl.
6. Add the Currents and Sesame Seeds to the Onions.
7. Juice the Lemon.
8. Peel and crush the Garlic

9. In the small mixing bowl, combine the Lemon, Garlic and Dijon Mustard, mix well.
10. Drain the Chick Peas in the colander.
11. Place all ingredients into the large mixing bowl with the Lettuce and toss gently. Season with a little pepper.