

Roasted Chickpea Quinoa Salad

This Greek inspired salad is easy to make and packed full of protein. It is a great lunch option as you can make it ahead of time and the flavours only get better with time!

Total time: 30 minutes

Serves: 4-6

Ingredients:

Salad:

- 1 cup quinoa
- 1 can chickpeas
- Spice mix: 1 tsp each - garlic powder, cumin, paprika, chilli powder
- ½ tsp salt
- 1 red bell pepper, diced
- 1 cup cherry tomatoes, sliced in half
- 1 cup cucumbers, diced
- 1 cup red onion, diced
- ¼ cup kalamata olives, pitted and chopped
- 2 tbsp fresh basil, chopped

Lemon Tahini Dressing:

- 1 garlic clove
- ½ cup fresh lemon juice
- ¼ cup tahini
- 3 tbsp nutritional yeast
- 4 tbsp olive oil
- ½ tsp sea salt
- Pinch of black pepper

Directions:

1. Preheat oven to 400 degrees F.
2. Cook quinoa according to directions on package. Let cool.
3. Drain, rinse and pat dry the chickpeas.
4. Place dry chickpeas on lightly greased baking sheet and sprinkle with spice mix. Make sure chickpeas are evenly coated by spice mix.
5. Place chickpeas in oven and bake for 20-25 minutes until slightly crispy. Let cool.
6. While chickpeas are roasting, combine quinoa, red bell pepper, tomatoes, cucumbers, onions, olives and basil in a medium bowl.
7. Drizzle with dressing and top with roasted chickpeas.
8. Enjoy!

Tips:

- If packing this ahead of time for lunch, keep chickpeas in a separate container at room temperature so they stay crispy.
- Store in a sealed container in the fridge. Left overs will keep for 2-3 days.

