

Crispy Chickpea Bowl

Ingredients:

- One head of broccoli florets
- One can of chickpeas (drained)
- Olive oil
- Salt & Pepper
- Paprika
- Cayenne Pepper (if desired)
- Garlic powder
- Quinoa

Dressing:

- 2 Tbsp. tahini
- 1 Tbsp. lemon juice
- 1 tsp. minced garlic
- Dash soy sauce
- Pinch of sugar
- Salt & Pepper

1. Preheat oven to 400 degrees.
2. Lay broccoli florets in single layer covering 1/2 baking sheet. Drizzle with olive oil, salt & pepper and red pepper flakes (if desired).
3. Place chickpeas on other 1/2 baking sheet. Drizzle with olive oil, 1/2 tsp. paprika, 1/2 tsp. cayenne pepper, 1/4 tsp. garlic powder.
4. Bake 25-30 minutes until chickpeas are golden brown.
5. Make tahini dressing by whisking tahini, lemon juice, garlic, soy sauce, sugar and salt & pepper in a small bowl. Add hot water until desired consistency.
6. Make enough for 1/2 cup of quinoa as directed on package.
7. Heat 1 Tbsp. olive oil in a small skillet and added quinoa. Flatten and spread out in pan and let it sit for 1-2 minutes to allow to brown, then turn over and brown until crisp.
8. Assemble broccoli, chickpeas and quinoa on a plate or bowl and drizzle with dressing. Add lemon slice for garnish.