

Quinoa & Roasted Chickpea Rainbow Salad

14 ingredients · 30 minutes · 6 servings



Directions

1. Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
2. Pat the chickpeas dry and toss them with the melted coconut oil and sea salt. Spread them across the baking sheet and roast for 25 minutes, or until golden brown. Stir at the halfway mark.
3. While the chickpeas roast, cook the quinoa by combining the quinoa and water in a pot. Bring to a boil over high heat, then reduce to a simmer and cover. Simmer for 12 to 15 minutes, or until all water is absorbed. Fluff with a fork, and set aside.
4. Prepare the dressing by combining the olive oil and balsamic vinegar in a jar. Add a pinch of sea salt and black pepper to taste, and mix well.
5. Add the mixed greens to a large bowl. Top with quinoa, roasted chickpeas, cucumber, nectarine, raspberries, pumpkin seeds and basil. Drizzle with dressing and toss well. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately 1 1/2 cups.

Serve it With

Grilled chicken, pork chops or fish.

No Nectarine

Use sliced pear, plum, apple or peach instead.

Ingredients

- 2 cups Chickpeas (cooked)
- 1 1/2 tsps Coconut Oil (melted)
- 1/2 tsp Sea Salt
- 1 cup Quinoa (dry)
- 1 3/4 cups Water
- 2 tbsps Extra Virgin Olive Oil
- 1/4 cup Balsamic Vinegar
- Sea Salt & Black Pepper (to taste)
- 6 cups Mixed Greens
- 1 Cucumber (diced)
- 1 Nectarine (pitted and thinly sliced)
- 1 cup Raspberries
- 1/4 cup Pumpkin Seeds
- 1/4 cup Basil Leaves (finely sliced)