

Ingredients

1 cup quinoa	1/2 tsp salt
1 can chickpeas, rinsed and drained	1/2 tsp pepper
1 1/2 cauliflower heads, bite size	1/4 cup tahini
2 broccoli heads, bite size pieces	1 Tbsp honey
1 garlic clove, minced	1/2 lemon, juiced
1 Tbsp olive oil	1/4 cup water
1 1/2 tsp cumin	1 pkg baby spinach
1/2 tsp turmeric	2 avocado, sliced
1/2 tsp paprika	

Instructions

Cook quinoa according to package directions. Drain and rinse beans. Combine cauliflower, broccoli and chickpeas in a large bowl. Add garlic, oil, and seasonings and toss to coat. Spread on parchment lined sheet pan and roast in 450°F oven for 20-30 minutes, stirring halfway through. In a small bowl whisk together tahini, honey, lemon juice and water.

To serve place greens in a bowl, top with roasted vegetables and chickpeas, add sliced avocados and drizzle with dressing.

Nutrition Information Per Serving

Serving Size: 1/2 cup grain,
1/2 cup bean/pea/lentil, 2 cups
vegetables, 2 Tbsp dressing

Serves 6

Calories: 450

Fat: 17 gm

Sodium: 300 mg

Fiber: 17 gm

Carbohydrates: 60 gm

Protein: 21 gm

Sugars: 6 gm