

ROASTED CAULIFLOWER CHICKPEA & QUINOA SALAD

A RECIPE BY JANINE SMITH

ingredients

- 2 C cauliflower (any color)
- 1 C chickpeas
- 2 T sunflower or safflower
- 1 T coriander
- 1 T curry
- 1 C cooked quinoa (any color)
- 2 med oranges
- 3 T raw pumpkin seeds
- 2 C spinach
- Optional: 1/2 red onion, thinly sliced

tangy vinaigrette

- 1/2 C sunflower oil
- 1/4 C apple cider vinegar
- 4 t orange zest
- 4 t honey (or sugar)
- 2 T Dijon mustard
- Salt and pepper to taste
- Mix in a jar, shake, and set aside.

directions

1. Preheat oven to 375.
 2. In a medium bowl toss together cauliflower, chickpeas, oil, and spices. Spread mixture evenly on a roasting pan. Place in oven and roast cauliflower & chickpeas until both are golden brown (about 25 to 30 minutes) and set aside to cool.
 3. Cook quinoa, set aside to cool.
 4. During roasting, make the tangy vinaigrette dressing.
 5. Zest oranges and set aside. Tip: Use orange peel powder. Cut the orange skins off. Cut through the membranes to make bite-size pieces and set aside.
 6. In a bowl, mix cauliflower, chickpeas, quinoa, and add a light coat of the tangy vinaigrette. Serve mixture at room temperature over spinach.
- Serves 4: Cal 563/carb 47g/Fat 41g/Protein 9g

Tip: Make in advance! Quinoa and orange peel powder keeps well. Add to all your favorite recipes.

