

Chickpea Quinoa Power Bowl

Web Recipe · Lunch · GF

485 cal · 24g protein · 62g carbs · 16g fat · 4 servings

Ingredients

- 1 cup dry quinoa
 - 1 can (15 oz) chickpeas drained and rinsed
 - 1 tbsp olive oil
 - 1 tsp smoked paprika
 - 1/2 tsp cumin
 - 1/2 tsp garlic powder
 - 2 cups baby spinach
 - 1 cup cherry tomatoes halved
 - 1 medium cucumber diced
 - 1 medium avocado sliced
 - 2 tbsp tahini
 - 2 tbsp lemon juice
 - 1 tbsp maple syrup
 - 2 tbsp hemp seeds
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Instructions

1. Cook quinoa according to package directions. Let cool slightly.
 2. Preheat oven to 400°F (200°C). Toss drained chickpeas with olive oil, smoked paprika, cumin, and garlic powder.
 3. Spread chickpeas on a baking sheet and roast 25-30 minutes until crispy, shaking the pan halfway through.
 4. Make the dressing: whisk together tahini, lemon juice, maple syrup, and a splash of water until smooth.
 5. Assemble bowls: divide quinoa among 4 bowls. Top with roasted chickpeas, baby spinach, cherry tomatoes, cucumber, and avocado.
 6. Drizzle with tahini dressing and sprinkle with hemp seeds.
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