

# 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

## 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.

Generated by Meal Planner - Per serving macros