










## ROAST ARTICHOKE SALAD WITH CHICKPEA VINAIGRETTE

**SERVES:** 4 (approx. 1 cup each) **Prep Time:** 10 min. + 30 min. to cool **Cooking Time:** 20 min.

CONTAINER EQUIVALENTS (per serving):  1  ½  ½  ½  2

VEGAN CONTAINER EQUIVALENTS (per serving):  1  ½  1  2

### FOR SALAD:

- 3 cups** frozen artichoke hearts, thawed, patted dry (or 4 cups canned hearts, drained, rinsed, patted dry)
- 1 Tbsp.** olive oil
- ¼ tsp** sea salt (or Himalayan salt)
- 1½ cups** firm tofu, drained and cut into ½-inch cubes
- ½ cup** sliced red onion (approx. ⅓ medium)
- ¼ cup** fresh basil leaves, roughly torn
- ¼ cup** sliced roasted red peppers, drained
- 2 Tbsp.** capers, drained

- 1.** Preheat oven to 350° F.
- 2.** Line large baking sheet with parchment paper. Set aside.
- 3.** Place artichokes in a medium bowl, add oil and salt, and toss gently to coat.
- 4.** Spread artichokes evenly on baking sheet; bake for 20 minutes, or until artichokes are golden brown around the edges. Set aside.
- 5.** While artichokes cook, place chickpeas, parsley, olive oil, sesame oil, lemon juice, capers, garlic, salt, pepper, and water in a blender; cover. Blend on high until smooth, about 30 seconds.
- 6.** Place cooked artichokes, tofu, onion, and vinaigrette in a mixing bowl and toss to coat. Set aside to marinate until artichokes reach room temperature, about 30 minutes.
- 7.** Top with basil, red peppers, and capers. Serve immediately, or store in the refrigerator in an airtight container for up 4 days.


### FOR VINAIGRETTE:


- ½ cup** chickpeas (garbanzo beans), drained, rinsed
- ¼ cup** fresh parsley
- 2 Tbsp.** olive oil
- 1 Tbsp.** sesame oil
- 2 Tbsp.** fresh lemon juice
- 1 tsp.** capers
- 1 clove** garlic, finely chopped
- ¼ tsp.** sea salt (or Himalayan salt)
- ½ tsp.** ground black pepper
- 2 Tbsp.** water


### SPECIAL EQUIPMENT:

Parchment paper

**NUTRITIONAL INFORMATION** (per serving): **Calories:** 267 **Total Fat:** 17.4 g **Saturated Fat:** 2.3 g **Cholesterol:** 0 mg **Sodium:** 428 mg **Carbohydrates:** 18 g **Fiber:** 11 g **Sugars:** 2 g **Protein:** 12 g

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