

Lemon Pepper Chickpea & Shaved Brussels Salad



6-8 Servings

Ingredient List

Roasted Chickpeas

- 2-3 cans low sodium chickpeas
- 1 Tbsp olive oil
- 2 tbsp lemon pepper seasoning
- 1 tsp cayenne pepper

*you can use any seasonings you like

Salad:

- 2 lbs Brussel sprouts (shaved 8-10 cups)
- 6 tbsp sunflower seeds
- ¼ cup freshly grated pecorino cheese
- 4 tbsps golden raisins

Lemon Vinaigrette Dressing:

- ¼ cup olive oil
- Juice of 3 lemons
- Zest of 1 lemon
- 2 tbsp. Dijon mustard
- 2 tbsp. white balsamic vinegar



Step 1:

Preheat the oven to 400 degrees. Line a large baking sheet with parchment paper. Open the cans of chickpeas drain and rinse. Once rinsed place in an absorbent dish towel and dry. Then place the chickpeas on backing sheet (nothing on them) and bake for 15 minutes. This will help remove some of the moisture and ensure the chickpeas get and stay crunchy. After chickpeas have baked for 15 minutes, pull out of the oven and coat them lightly in olive oil and seasoning. Place back in the oven for about 30 minutes. I like mine supper crunchy so after 30 minutes I will check on how dry the chickpeas are. I will continue to cook until a get a desired dry and crunchy texture. Set aside to cool. They typically will last 4-5 days in an air tight container. Do not refrigerate.

Step 2:

To shred the brussels sprouts, cut the bottom ends off and then shred them using a food processor's slicing blade or using a mandolin by hand. For a short cut many grocery stores will sell shaved brussels sprouts prepped and ready to use.

Step 3:

In a large bowl combine shaved brussels sprouts, sunflower seeds, pecorino cheese and golden raisins.

Step 4:

To make the dressing whisk together olive oil juice of 3 lemons, Dijon mustard, white balsamic vinegar and lemon zest.

Step 5:

When ready to serve top salad with lemon vinaigrette dressing and roasted chickpeas.