

Crunchy Curry Chickpea Bowl

Servings: 8

Ingredients:

- 4 cans of chickpeas
- Spices: Curry, Cayenne pepper, cumin
- 2 containers of baby spinach leaves
- 1 bag shredded red cabbage
- 1 bag shredded carrots
- 1 cup cooked quinoa
- 1 bunch cilantro chopped
- 1/2 cup golden raisins
- 1/2 cup toasted almonds

Dressing

- 16 oz container of 2% Greek yogurt
- 1/2 cup mayonnaise (could skip this)
- Juice of 3 lemons
- Curry powder



Steps:

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:

Prepare quinoa per the package using your rice cooker, instapot or stove top. Once cooked let cook.

Step 3:

In a large bowl combine, spinach, red cabbage, carrots, golden raisins and toasted almonds. Once quinoa is cooled mix in.

Step 4:

Dressing whisk together Greek yogurt, mayonnaise, lemon juice and curry. To thin add more lemon juice.

Step 5:

When ready to serves, toss the salad with chickpeas and dressing. Enjoy!