



Summer Quinoa Bowl with Crispy Spicy Roasted Chickpeas

Serves: 4-6

Ingredients:

Crispy Spicy Roasted Chickpeas

2 (15 oz) cans chickpeas, drained, rinsed,
and thoroughly dried

1 tbsp olive oil

2 tsp 1PL8 Herb Salt

1 tsp smoked paprika

½ tsp chipotle powder

½ tsp garlic powder

½ tsp onion powder

¼ tsp cumin

Pinch of cayenne (optional)

Quinoa

1 cup quinoa or brown rice mix
(prepackaged mix)

2 cups low-sodium chicken, water or
vegetable stock

1 tsp 1PL8 Herb Salt

Fresh Vegetables

1 cup cucumber, diced

1 cup cherry tomatoes, halved

½ cup roasted zucchini, sliced

¼ cup roasted red peppers, chopped

¼ cup red onion, thinly sliced

½ cup baby spinach

¼ cup Kalamata olives, sliced

¼ cup fresh parsley, chopped

Lemon Herb Vinaigrette

¼ cup extra virgin olive oil

Juice of 2 lemons

1 tbsp Dijon mustard

1 tbsp honey

1 garlic clove, minced

1 tsp dried oregano

1 tsp 1PL8 Herb Salt

Fresh cracked black pepper

1. Place all ingredients together in a bowl
and whisk until smooth.

Directions

1. Drain and pat the chickpeas completely dry. Toss with olive oil and all the seasonings.

Roast at 425°F for 25–30 minutes, shaking the pan halfway through, until golden and crispy.

Chef Rich's Tip: Dry chickpeas = crispier chickpeas!

2. Bring the broth or water to a boil. Add the quinoa and Herb Salt, reduce to a simmer, cover, and cook for @15 minutes. Let rest for 5 minutes, then fluff with a fork.

a. If using the **prepackaged brown rice quinoa mix** then reheat in pan with some garlic, season with Herb Salt and add spinach when heated. Toss to wilt spinach and mix.

3. Toss zucchini with a little olive oil and 1PL8 Herb Salt. Roast at 425°F for 12–15 minutes until lightly caramelized.

4. Build the Bowl how you like, make it your own and showcase the colors, then finish with the Lemon Herb Vinaigrette.



