

Crispy CHICKPEA and VEGGIE BOWL



SERVES

4



TOTAL TIME

35

minutes



ESTIMATED COST

\$1.10

per serving

INGREDIENTS

- 2 cans chickpeas, drained, rinsed, and patted very dry
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp smoked paprika
- Salt
- 2 cups cooked rice or grain of choice
- Roasted vegetables of your choice (zucchini, bell pepper, or broccoli)
- 3 tbsp tahini
- Juice of 1 lemon
- 1 clove garlic, minced
- Water to thin the tahini sauce

INSTRUCTIONS

1

Preheat the oven to 425°F. Spread the dried chickpeas on a baking sheet, drizzle with oil, and toss with garlic powder, paprika, and salt.

2

Roast for 25 to 30 minutes, shaking the pan halfway through, until golden and crunchy.

3

While they roast, cook your vegetables and whisk together the tahini sauce, adding water a tablespoon at a time until pourable.



4

Build the bowls: grain, vegetables, chickpeas, and tahini sauce on top.

