

Spiced Chickpea Bowls

Adapted from hellofresh.com

Serves 4

1 cup quinoa, dry
2 cups water
2 red onions, quartered
1 lb cherry or grape tomatoes
2 cloves garlic, minced
½ lb kale, stems removed and roughly chopped
2 cans chickpeas, rinsed and drained
2 TBSP olive oil, divided
1 TBSP seasoning mix (see below)
1 cup plain Greek yogurt
2–4 TBSP pistachios, toasted and chopped
Juice and zest from 2 lemons, divided
2 teaspoons sriracha
¼ teaspoon Kosher salt
½ teaspoon freshly ground black pepper
½ bunch cilantro, chopped

Preheat oven to 375°.

Rinse quinoa in a fine meshed sieve until soapy bubbles disappear.

In a medium saucepan, bring 2 cups of water (or broth) and a pinch of salt to a boil. Add quinoa. Reduce heat to a simmer. Cover. Cook for 15 minutes. Remove from heat and let sit, covered, for about 15 minutes. Drain off any excess liquid. Season with salt, pepper, juice and zest from 1 lemon. Stir to combine. Set aside.

In a large bowl, toss onions with 2 teaspoons olive oil. Spread in a single layer on a parchment-lined baking sheet.

In same bowl, toss tomatoes with 1 teaspoon olive oil and garlic. Spread in a single layer on a parchment-lined baking sheet.

In same bowl, toss kale with 2 teaspoons olive oil. Spread in a single layer on a parchment-lined baking sheet.

In same bowl, toss chickpeas with 1 teaspoon olive oil and 1 TBSP seasoning mix. Spread in a single layer on a parchment-lined baking sheet.

Bake onions until soft with crispy edges, tomatoes until blistered (soft), kale until just wilted, and chickpeas until slightly crispy.

In a small bowl, combine Greek yogurt, juice and zest from 1 lemon and sriracha. Stir well and set aside.

To serve, divide quinoa among 4 bowls. Top with cooked vegetables. Garnish with cilantro and pistachios. Drizzle with yogurt mixture.

Moroccan Spice Mix

2 TBSP ground cumin
1 TBSP ground coriander
1 TBSP dried parsley
1½ teaspoons sweet paprika
1 teaspoon ground cinnamon
1 teaspoon garlic powder
1 teaspoon freshly ground black pepper
½ teaspoon ground ginger
½ teaspoon ground turmeric
1/8 teaspoon ground cayenne

Mix all ingredients in a small bowl. Makes about 6 TBSP.

Nutrition Information per Serving Calories 643.6; Fat 18.3 g; Saturated Fat 2.1 g; Sodium 632.3 mg; Fiber 21.6 g; Sugars 20.5 g; Added Sugars 0 g; Protein 31.6 g