

# Roasted Broccoli and Chickpea Quinoa Bowl

## Ingredients

### For the Bowl:

- 1 cup canned chickpeas, drained, rinsed well and patted dry (optional to replace with baked chicken)
- 1 small bunch of broccoli, cut into mini florets (about 3 cups)
- 1 tablespoon oil
- Salt and Pepper
- 1 cup uncooked quinoa
- 2 cups water or stock
- 1/2 cup fresh parsley, roughly chopped

### For the Dressing:

- 5 tablespoons extra virgin olive oil
- 1–2 tablespoons pure maple syrup
- 1 tablespoon apple cider vinegar
- 1 teaspoon Dijon mustard
- Pinch of salt
- 1/8 teaspoon dried dill (optional)
- Garnish with extra parsley, sliced green onions, dried cranberries or raw pumpkin seeds

### Materials:

- Can opener
- Strainer
- Cutting board
- Knife
- Measuring spoons
- Measuring cups
- Mixing bowls
- Baking sheet
- Parchment paper or aluminum foil

## Instructions:

### For the Bowl:

1. Preheat oven to 400 degrees and line a baking sheet with parchment paper or a baking mat.
2. Transfer chickpeas and broccoli to the prepared baking sheet and drizzle with 1 tablespoon oil and sprinkle with a pinch of salt and pepper.
3. Roast in the oven for 25-30 minutes, or until chickpeas are crispy and broccoli is browned and tender, being sure to stir the broccoli mixture half way through.
4. While the veggies are roasting, make the quinoa. Add quinoa to a medium-sized pot over high heat with 2 cups of water or stock. Bring to boil, then reduce heat to low, cover and let quinoa cook until all the water is absorbed, about 12 minutes. If using brown rice, cook according to package instructions.
5. Remove from heat and let quinoa or rice cool slightly.

### For the Dressing:

1. In a large mixing bowl, whisk the oil, maple syrup, vinegar, mustard, salt and dill (if using) until smooth and consistent.

### Assembling the bowl:

1. Set aside a small amount of the dressing.
2. Fold the slightly cooled quinoa into the dressing in the large mixing bowl. Add in about 1/3 of the roasted broccoli and chickpea mixture along with the chopped parsley and mix until well combined.
3. For serving, portion quinoa or rice into about 4 portions and topped each portion with remaining roasted broccoli and chickpeas. Garnish with sliced green onion, more parsley, dried cranberries or raw pumpkin seeds. Drizzle remaining dressing on top.