

CRISPY CHICKPEA GRAIN BOWL WITH LEMON VINAIGRETTE

Preparation: **15** minutes | Cooking: **35** minutes | Servings: **4**

INGREDIENTS

*1 bunch of kale
1 small red onion, thinly sliced
1 clove garlic, minced
1 red bell pepper, thinly sliced
1 (15 ounce) can no-salt-added chickpeas, rinsed
1 1/3 cups water plus 1 tablespoon, divided
2/3 cup quinoa
1/4 cup crumbled feta
2 tablespoons lemon juice
2 tablespoons extra-virgin olive oil, plus 4 teaspoons, divided
2 tablespoons toasted pumpkin seeds
2 teaspoons lemon zest
1 teaspoon Dijon mustard*



INSTRUCTIONS

Preheat oven to 400 degrees Fahrenheit. Coat a large, rimmed baking sheet liberally with cooking spray. Combine quinoa, 1 1/3 cups water and 1/8 teaspoon salt in a medium saucepan. Bring to a boil over medium-high heat. Reduce heat to medium-low, partially cover and simmer until the quinoa is tender, about 15 minutes. Drain any excess water. Meanwhile, pat chickpeas dry with a paper towel. Toss with onion, 2 teaspoons oil and 1/8 teaspoon each salt and pepper in a large bowl. Spread out on the prepared baking sheet. Roast for 15 minutes. Toss kale with 2 teaspoons oil and the remaining 1/8 teaspoon salt in the large bowl. Stir the kale into the chickpeas, and roast for 15 minutes more. Whisk mustard, garlic, lemon zest, lemon juice, the remaining 1 tablespoon water and the remaining 1/8 teaspoon pepper in a small bowl. Whisk in the remaining 2 tablespoons oil. Divide the quinoa among 4 serving bowls. Top with the kale mixture, bell pepper slices, feta, and pumpkin seeds. Drizzle with the vinaigrette.