

Roasted Cauliflower & Chickpea Tahini Medley – Lisa’s *4Leaf* Kitchen

This recipe is quick, easy and tastes delicious! Slightly adapted from the *Simply Veganista* website, it is the perfect spring dish. I always double this recipe as it only serves about 2.



Ingredients:

- 1 can chickpeas, rinsed and drained, or fresh
- 1 head of cauliflower, cut into florets
- Sea salt
- 1 cup quinoa
- 1 & 1/2 cups water
- 1/4 cup Italian parsley, chopped

Tahini Mustard Dressing:

- 1 Tbs Tahini
- 1 Tbs Dijon mustard
- 1 Tbs whole grain mustard
- 1 Tbs lemon juice
- 2-3 Tbs water (add more to get desired consistency)
- salt and pepper to taste



Directions:

1. Preheat oven to 400 degrees.
2. Mix cauliflower and chickpeas on a sprayed baking tray or roasting pan with a dash of salt, if desired. Roast for about 45 minutes, stirring every so often.
3. In a pot, add quinoa and water. Bring to a boil, cover, reduce heat and simmer for about 15 minutes or until water has evaporated. Let sit for about 10 minutes.
4. In a bowl, prepare your dressing.
5. Once, vegetables are cooked, place into bowl and add dressing, or place desired amount of dressing on individual plates.
6. Place over quinoa and add parsley.
7. Enjoy!



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