

Roasted Broccoli and Chickpea Salad

SERVES 4

Ingredients

VEGETABLES

2 cups **frozen broccoli and cauliflower mix**

2 cups **slaw mix**

DAIRY

2 tablespoons **plain Greek yogurt**

SPICES AND OILS

5 tablespoons **olive oil**

Salt and pepper to taste

2 tablespoons **lemon juice**

Pinch of **salt**

Black pepper to taste

PANTRY







1 15-ounce can **chickpeas** |
drained and rinsed

GRAINS

2 cups cooked **couscous**

See
couscous
recipe
pg 19


EQUIPMENT

-  Measuring cups
-  Baking sheet
-  Whisk or fork
-  Measuring spoons
-  Large bowl
-  Small pot with lid

MIX IT UP AND MAKE IT YOUR OWN

- To make this an even more veggie-packed dish, you could add carrots, zucchini, or peppers in with the broccoli and cauliflower. You could also add greens such as lettuce, spinach, or kale into the overall dish.
- Using lemon juice in the salad dressing is an excellent way to flavor without salt, but choose flavors that are available and appealing to you. Garlic powder and dill would be wonderful in this dish.
- The chickpeas in this dish provide a great vegetarian protein. However, you can add chicken, hard boiled eggs or tuna for an extra dose of protein.
- We chose to use couscous in this recipe as it is quick to make and adds a great flavor and texture to the dish. If you do not like couscous or do not have it on hand, you can substitute brown rice or quinoa.

Directions

- 1 Preheat oven to 400 degrees.
 - 2 Drizzle a small amount of olive oil onto a baking sheet and spread around to coat the pan.
 - 3 Place the frozen broccoli and cauliflower onto baking sheet, drizzle with olive oil and salt and pepper and toss to combine. Spread the vegetables out on the pan, trying to leave enough room between veggies so they are not touching.
-  Place in the oven and bake for 10–15 minutes or until the vegetables begin to toast on edges.
- 5 While the vegetables are roasting make couscous.
 - 6 Prepare salad. Place yogurt, lemon juice, and 4 tablespoons of olive oil in a large bowl and whisk to combine. Adjust flavoring with salt and pepper as desired.
 - 7 When the vegetables and couscous are ready, add the slaw mix, chickpeas, roasted vegetables and couscous to the large bowl.
 - 8 Toss to combine. Adjust seasoning as desired. Serve ¼ of the final dish. Enjoy!
 - 9 Save leftovers in the refrigerator for up to three days OR place in Ziploc bags and freeze for up to one month.

NOTES

Nutrition Facts

1 serving per container
 Serving size
 1 each

Calories per serving **500**

Amount/serving	% Daily Value*
Total Fat 23g	30%
Saturated Fat 3.5g	17%
Trans Fat 0g	
Cholesterol 3mg	1%
Sodium 80mg	4%

Amount/serving	% Daily Value*
Total Carbohydrate 59g	22%
Dietary Fiber 10g	36%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 14g	

Vitamin D 0.2mcg 0% • Calcium 100mg 8% • Iron 3.2mg 15%
 Potassium 510mg 10% • Phosphorus 240mg 20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: CHICKPEAS [WITH WATER, SALT, CALCIUM CHLORIDE (FIRMING AGENT), DISODIUM EDTA (COLOR RETENTION)], CABBAGE, WHOLE WHEAT COUSCOUS [WHOLE DURUM WHEAT SEMOLINA], CAULIFLOWER, BROCCOLI, OLIVE OIL, LEMON JUICE, GREEK WHOLE MILK YOGURT [MILK, CREAM, MILK PROTEIN CONCENTRATE, WHEY PROTEIN CONCENTRATE, LIVE YOGURT CULTURES (ACIDOPHILUS, BIFIDUS, L. BULGARICUS AND S. THERMOPHILUS), VITAMINS A, D3]

CONTAINS: MILK, WHEAT