

Cooking for Wellness



Roasted Cauliflower and Chickpeas Salad with Lemon Tahini Dressing (Vegan)

Yields: 4 Servings Preparation time: 40 minutes

Ingredients

- 1 head cauliflower, cut into small florets
- 3 tablespoons olive oil
- 1 can chickpeas, rinsed and drained
- ½ teaspoon cumin
- ½ teaspoon garlic powder
- ½ teaspoon paprika
- ½ teaspoon onion powder
- 1 bag fresh arugula
- 1 avocado, sliced
- 1 small red onion, sliced
- 1 lemon juiced
- 2 cloves garlic, minced
- 3 tablespoons tahini paste
- 1 tablespoon honey
- 4 tablespoons warm water



Instructions

- 1. Preheat oven to 425 degrees.
- 2. In a large bowl toss the cauliflower and chickpeas with the olive oil and the spices.
- 3. Spread the cauliflower and chickpeas evenly on a baking sheet. Bake for 25 minutes until the cauliflower is golden brown. Let cool to room temperature.
- 4. In a large salad bowl add the arugula, avocado and red onions. Mix to combine.
- 5. To make the dressing whisk together the lemon juice, garlic, tahini paste, honey and warm water until thoroughly combined. Season with salt and pepper
- 6. Drizzle the dressing over the arugula, avocado and red onions and toss to coat evenly. Top the salad with roasted cauliflower and chickpeas. Serve.