



Vibrant Lemon-Herb Roasted Chickpea Salad

Plant-Based • Vegan • Gluten-Free

Prep Time: 10 minutes Cook Time: 20–25 minutes

Total Time: 30–35 minutes Servings: 2–3

Ingredients

Roasted Chickpeas

- 1 can chickpeas, drained and rinsed
- 1 tbsp olive oil
- ½ tsp garlic powder
- ½ tsp smoked paprika
- ¼ tsp sea salt
- Black pepper, to taste

Salad

- 2 cups mixed greens
- ½ cup cherry tomatoes, halved
- ¼ cup cucumber, diced
- ¼ cup red onion, thinly sliced
- Fresh parsley or dill (optional)

Lemon-Herb Dressing

- 3 tbsp olive oil
- Juice of 1 lemon
- 1 tsp Dijon mustard
- 1 tsp honey or maple syrup
- 1 clove garlic, minced
- 1 tbsp fresh parsley, finely chopped
- Sea salt & black pepper, to taste

Instructions

1. Preheat oven to 400°F (205°C). Pat chickpeas dry, then toss with olive oil, garlic powder, smoked paprika, salt, and pepper. Roast for 20–25 minutes, shaking halfway, until golden and crisp.
2. Whisk together olive oil, lemon juice, Dijon mustard, honey or maple syrup, garlic, parsley, salt, and pepper.
3. Add greens, tomatoes, cucumber, and red onion to a bowl. Top with warm roasted chickpeas.
4. Drizzle with the lemon-herb dressing and enjoy immediately.

Notes

- Roast chickpeas longer for extra crunch.
- Add quinoa or farro for a heartier meal.
- Store dressing separately for meal prep.

Estimated Nutrition (per serving)

- **Calories:** ~320
- **Protein:** ~11g
- **Fiber:** ~8g
- **Healthy fats:** from olive oil + chickpeas

