

Roasted Cauliflower and Chickpea Tahini Medley

This recipe is quick, easy, and tastes delicious! Slightly adapted from the *Simply Veganista* website, this is the perfect spring dish. This recipe makes about two servings, so double it if you want leftovers!

Ingredients:

- 1 can chickpeas, rinsed and drained
- 1 head cauliflower, cut into florets
- 1 cup quinoa
- 1 ½ cups water
- ¼ cup flat-leaf Italian parsley, chopped
- Sea salt, to taste
- Tahini Mustard Dressing, see below

Tahini Mustard Dressing:

- 1 Tbsp Tahini
- 1 Tbsp Dijon mustard
- 1 Tbsp whole grain mustard
- 1 Tbsp lemon juice
- 2-3 Tbsp water (or more if necessary to get desired consistency)
- Salt and pepper to taste

Instructions:

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 occasionally.
3. In a pot, add quinoa and water. Bring to a boil, cover, reduce heat, and simmer for about 15 minutes or until the water has evaporated. Let sit off of the heat for about 10 minutes.
4. In a bowl, prepare the Tahini Mustard Dressing.
5. Once the vegetables are cooked, top them with the dressing. Serve over quinoa and topped with parsley. Enjoy!

