

Roasted Potato, Spiced Chickpea & Vegetable Quinoa Salad with Creamy Honey Mustard Dressing

2 SERVINGS 40 MINUTES



INGREDIENTS

- 2 cups Baby Potatoes (quartered)
- 2 tsps Sea Salt (for roasting potatoes, bell peppers, mushrooms and chickpeas)
- 2 tsps Black Pepper (for roasting potatoes, bell peppers, mushrooms and chickpeas)
- 3 tsps Extra Virgin Olive Oil
- 1 cup Quinoa (uncooked)
- 3 tsps Lemon Juice
- 2 Red Bell Pepper (sliced)
- 8 ozs Cremini Mushrooms
- 1 tsp Oregano
- 3/4 cup Cherry Tomatoes
- 1/4 cup Pitted Kalamata Olives
- 1 tsp Dried Parsley
- 15 ozs Chickpeas
- 1/4 cup Vegan Mayonnaise
- 1 1/3 tsps Dijon Mustard
- 2 tsps Agave Nectar
- 3 cloves Garlic
- 1/4 tsp Garlic Powder

DIRECTIONS

- 01 Drizzle potatoes with half of their seasoning, and toss. Roast them on a baking tray lined with parchment for approx 20 to 25 min on 400 degrees F (convect/fan), tossing halfway and adding the remaining half of the potato seasoning halfway.
- 02 Meanwhile, cook quinoa according to package directions in water or vegetable broth. Let it to cool on a tray or mixing bowl and stir in juice of 1/2 lemon.
- 03 Cook bell peppers and mushrooms on medium heat in their olive oil and seasonings for 6 to 8 min, stirring periodically until browned. Transfer them to a plate.
- 04 Add chickpeas and their oil and seasonings to the pan, and cook on medium heat for 3 to 4 min.
- 05 Serve up all these goods with the dressing, including the tomatoes and olives or use them to top some greens, or even as a side dish. Top optionally with chopped fresh parsley and more lemon juice.