



Quinoa & Chickpea Buddha Bowl

Ingredients

- 1 cup quinoa
- 2 cups vegetable broth or water
- 1 can chickpeas, drained and rinsed
- 2 cups baby spinach
- 1 red bell pepper, diced
- 1 avocado, sliced
- 1/4 cup chopped almonds
- 2 tablespoons olive oil
- Salt and pepper to taste
- For the dressing:
 - Juice of 1 lemon
 - 2 tablespoons olive oil
 - 1 teaspoon honey or maple syrup
 - 1 teaspoon Dijon mustard
 - Salt and pepper to taste

Instructions

Prepare Quinoa

- Rinse quinoa under cold water. In a pot, bring vegetable broth or water to a boil.
- Add quinoa to the boiling liquid, reduce the heat to low, cover, and let simmer for 15-20 minutes until the liquid is absorbed and the quinoa is cooked. Fluff with a fork and set aside.

Roast Chickpeas

- Preheat oven to 400°F (200°C).
- Toss chickpeas with 1 tablespoon of olive oil, salt, and pepper on a baking sheet.
- Roast in the preheated oven for 20-25 minutes until crispy, shaking the pan occasionally to ensure even cooking.

Prepare Dressing

- In a small bowl, whisk together lemon juice, 2 tablespoons olive oil, honey or maple syrup, Dijon mustard, salt, and pepper. Set aside.

Assemble Bowls

- In a large bowl, combine cooked quinoa, baby spinach, diced bell pepper, and chopped almonds.
- Divide the quinoa mixture into serving bowls. Top each bowl with roasted chickpeas and avocado slices.

Serve

- Drizzle dressing over each bowl before serving.