

GRAND PRIZE WINNER

Roasted Cauliflower & Chickpeas with Dijon Dressing

by Leilah Korbines, MPH, RDN, CD, CDCES

 **Prep:** 25 minutes

 **Serving Size:** 1-2 cups **Servings per Recipe:** 4



INGREDIENTS

1 head of cauliflower, *cut into florets*
1 can chickpeas, *drained*
oil for roasting (coconut, avocado)
salt to taste
1 cup quinoa

For the Dressing

2 Tbsp Dijon mustard
2 Tbsp whole grain mustard
1-2 Tbsp lemon juice
2-4 Tbsp olive oil

Optional

Parsley
Black pepper

DIRECTIONS

1. Heat oven to 400°F. Cut cauliflower head into florets. Drain and rinse can of chickpeas. Spread both on a baking sheet and drizzle with oil of your choice (I used avocado oil). Roast for 20-30 mins, stirring every 10 mins until the cauliflower is tender and edges become light brown.
2. While the cauliflower and chickpeas are roasting, make your quinoa. Measure 1 cup of uncooked quinoa into fine-mesh strainer and rinse thoroughly. Add quinoa and 2 cups water to a pot and bring to a boil. Reduce to simmer/low-boil and cook for 15 minutes. Remove from heat and fluff with a fork.
3. Prepare the dressing by simply mixing the mustards, lemon juice, and oil together. Use a whisk or a fork to combine thoroughly.
4. Remove the roasted cauliflower and chickpeas from the oven and toss with the quinoa.
5. Drizzle the dressing over and mix it in. If you'd like, top with chopped fresh parsley and/or black pepper.

Notes:

This dish can be served warm or cold, depending on your mood!

Nutrition Information (per 1 cup serving)

Calories 410
Total Fat 22g
Saturated Fat 5g

Cholesterol 0mg
Sodium 530mg
Carbohydrate 43g
Fiber 11g

Sugars 8g
Added Sugars 0g
Protein 13g