



Columbia Grain™

CULTIVATING GROWTH™

RECIPE

Berry, Asparagus, Quinoa and Feta Salad with Sweet Crispy Chickpeas

Bursting with spring produce and topped with the most addicting sweet, crispy, maple cinnamon roasted chickpeas! Recipe from Recipe Runner.



INGREDIENTS

SWEET CRISPY CHICKPEAS:

- 1 ½ cups canned chickpeas, rinsed and drained
- 2 tsp oil
- 1 tbsp honey
- ½ tsp ground cinnamon
- ¼ tsp kosher salt

LEMON POPPY SEED DRESSING:

- ½ cup plain non-fat Greek yogurt
- Zest and juice of a lemon
- 2 tbsps low fat milk
- 2 tbsps honey
- 1 tbsp apple cider vinegar
- 2 tsp poppy seeds
- ¼ tsp onion powder
- Kosher salt to taste

SALAD:

- 5 ounces baby mixed greens
- 1 cup chopped asparagus, roasted, steamed or raw
- 1 cup quartered strawberries
- 1 cup blackberries
- 1 cup cooked quinoa
- 3 ounces cubed or crumbled feta cheese

INSTRUCTIONS

SWEET CRISPY CHICKPEAS:

1. Preheat oven to 375 degrees and line a baking sheet with parchment paper.
2. Place the rinsed chickpeas on a clean towel and pat dry. It's important to get as much moisture off of them as possible so that they get crispy.
3. In a bowl toss together the chickpeas, oil and salt.
4. Dump the chickpeas onto the prepared baking sheet and spread them into a single layer. Set the bowl aside.
5. Roast the chickpeas for 20 minutes then remove from the oven and shake the pan. Roast for another 20 minutes then remove from the oven.
6. In the same bowl stir together the honey and cinnamon, then add in the roasted chickpeas and toss together until coated.
7. Return the chickpeas to the baking sheet and roast them for another 8-10 minutes or until golden brown and crispy. Cool completely on the baking sheet before serving.

LEMON POPPY SEED DRESSING:

1. In a small bowl whisk together all of the dressing ingredients until smooth.
2. Store the dressing in an airtight container until ready to serve.

SALAD:

1. Place the mixed greens in a large serving bowl.
2. Top the greens with the asparagus, strawberries, blackberries, quinoa and feta.
3. Serve the chickpeas and dressing alongside the salad or wait until you are ready to serve to add them to the salad.

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