



## Moroccan Chickpea Quinoa Salad

Prep Time: 15 min

Cook Time: 15 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

281 Calories

13 g fat

286 mg sodium



### INGREDIENTS: \*\* Items not included in kit

- 1 TB olive oil\*\*
- 1 cup quinoa
- 1 cup carrots, shredded
- 4 green onions, thinly sliced green & white parts
- 1 (15 oz) can of chickpeas, rinsed and drained
- 1/3 cup dates, chopped
- 1/3 cup golden raisins
- 1/4 cup pistachios, chopped
- 1/2 bunch flat leaf parsley, chopped

### HONEY-LEMON DRESSING:

- Moroccan Salad Dressing Spices
  - (1/2 tsp cumin & 1/8 tsp chili powder)
- 1/3 cup olive oil\*\*
- 2 TB lemon juice, juice of 1 lemon
- 1 TB honey
- 1/4 tsp salt & 1/4 tsp black pepper\*\*

### DIRECTIONS:

1. Rinse **quinoa** in a strainer under cold water. In a sauce pot over medium heat, add **1 TB olive oil** and rinsed **quinoa**. Stir to toast the quinoa for 1 minute. Add **2 cups water** and bring to a boil, stir, and reduce heat to a gentle simmer and cook for 10 minutes until the water is absorbed. Remove the pot from the heat and cover to let quinoa steam for 5 minutes. Remove the lid and fluff with a fork. Pour into a large bowl and set aside to cool.
2. To the cooled quinoa, add the shredded **carrots**, thinly sliced **green onions**, drained and rinsed **chickpeas**, chopped **dates**, **raisins**, chopped **pistachios**, and 1/2 bunch chopped **parsley**. Toss to combine.
3. In a small bowl, whisk together the ingredients for the **Honey-Lemon Dressing**. Pour over the salad and toss to combine.

*Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.*

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