



RECIPE | TOMATOES

# ORIANA® & ROASTED CHICKPEA SALAD



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# ORIANA® & ROASTED CHICKPEA SALAD

Recipe created by *Hope Monaco*



## INGREDIENTS

### For the salad:

- 1 dry pint** Pure Flavor® Oriana® Orange Grape Tomatoes, halved
- 2** green scallions, chopped
- 1** head of kale, destemmed & chopped
- 1** can of chickpeas, drained & rinsed
- 2 cups** quinoa, cooked
- 2 cups** mixed microgreens
- 3 tbsp** hemp hearts
- 1 tbsp** olive oil, divided
- ½ tbsp** garlic powder
- 1 tsp** chipotle chili pepper
- Salt, to taste

### For the dressing:

- 1** garlic clove, grated
- 4 tbsp** olive oil
- 2 tbsp** fresh lemon juice
- 1 tbsp** maple syrup
- 1 tbsp** white wine vinegar

## DIRECTIONS

- 1** Mix chickpeas and quinoa with ½ tbsp olive oil, garlic powder, chipotle chili pepper, and salt in a separate bowl.
- 2** Place the mixture in the air fryer at 400°F for 15 minutes until it's nice and crunchy.
- 3** Combine the dressing ingredients in a small bowl and stir well.
- 4** Assemble salad by adding kale to large mixing bowl and massaging it with remaining olive oil.
- 5** Add the remaining ingredients and top with the dressing. Mix everything together well and enjoy!



**25 min**

**10 min** | **15 min**  
PREP. | COOKING



**4**



**easy**