



RECIPE | TOMATOES

ORIANA® & ROASTED CHICKPEA SALAD



25 min

10 min
PREP.

15 min
COOKING



4



Easy

INGREDIENTS

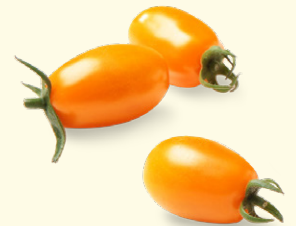
Recipe created by *Hope Monaco*

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 tsp 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!

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