

RECIPE OF THE MONTH:

Roasted Veggie, Chickpea & Pesto Quinoa Salad

INGREDIENTS FOR THE ROASTED VEGGIES & CHICKPEAS

- 1 red onion, cut into chunks
- 1 red bell pepper, cut into chunks
- 1 medium sweet potato, cut into 1/2 inch cubes
- 8 ounces baby bella mushrooms, sliced
- 1 can chickpeas, drained and rinsed
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1/2 teaspoon dried oregano
- 1/2 teaspoon salt
- freshly ground black pepper

INGREDIENTS FOR THE QUINOA

- 1/2 cup uncooked quinoa
- 1 cup water

INGREDIENTS FOR THE PESTO

- 1 cup fresh basil leaves
- 1/3 cup pumpkin seeds
- 2 tablespoons olive oil
- 1/2 lemon, juiced
- 1 clove garlic
- 1/4 teaspoon salt, plus more to taste
- 1-2 tablespoons water

INSTRUCTIONS:

Step 1: Preheat the oven to 400°F. Line a large baking sheet with parchment paper. Place chopped veggies and chickpeas on parchment paper.

Step 2: Drizzle 2 tablespoons of olive oil over veggies, then sprinkle on garlic powder, dried oregano, salt and pepper. Gently toss with your hands then spread veggies out evenly. Bake for 20-25 minutes and be sure to flip them over halfway through to ensure even cooking.

Step 3: Add quinoa and water to a medium pot and place over high heat. Bring it to a boil, then cover, reduce heat to low and cook for 15 minutes. Remove from heat, fluff quinoa with a fork and transfer it to a large bowl.

Step 4: In the bowl of a food processor, add basil, pumpkin seeds, oil, lemon juice, garlic clove and salt. Process for about 1 minute or until smooth, adding a tablespoon or two of water to thin the pesto.

Step 5: Once veggies are done, add them to the bowl with the quinoa. Then fold in the pesto.

Source: <https://ambitiouskitchen.com/roasted-veggie-chickpea-pesto-quinoa-salad>