

Moroccan Roasted Carrot and Chickpea Quinoa Salad

READY IN



45 min.

SERVINGS



4

Directions

- ☐ Toss the carrots in the olive oil along with the spices.
- ☐ Arrange the carrots in a single layer on a baking sheet.
- ☐ Roast in a preheated 400F oven until tender, about 20–30 minutes, turning them once in the middle.
- ☐ Simmer the quinoa in the water along with the spices until the water is absorbed, about 20 minutes.
- ☐ Mix the carrots, quinoa, chickpeas, onion, raisins, pine nuts and parsley in a bowl.
- ☐ Mix the olive oil, lemon juice and zest, moroccan spice blend, salt and pepper in a small bowl and then toss the salad in it.

Nutrition Facts

PROTEIN

0%

FAT

0%

CARBS

0%

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0%

Nutrients (% of daily need)

Calories: 0 (0%), Fat: 0 (0%), Saturated Fat: 0 (0%), Carbohydrates: 0 (0%), Net Carbohydrates: 0 (0%), Sugar: 0 (0%), Cholesterol: 0 (0%), Sodium: 0 (0%), Alcohol %: 0% (100%), Protein: 0 (0%)