

## THE DIETITIANS NETWORK OF NOVA SCOTIA

### Roasted Chickpea and Broccoli Bowl

The chickpeas in this recipe are a source of soluble fibre, which can help lower cholesterol and keep hunger at bay.

<b>Recipe Name:</b>	Roasted Chickpea and Broccoli Bowl
<b>Recipe by:</b>	Adapted by Antonia Harvey, RD adapted from the <i>Thug Kitchen</i> recipe Roasted Chickpea and Broccoli Burritos
<b>Short description of recipe:</b>	This recipe is super quick to put together and is an easy way to include more legumes in your diet. It is great fresh from the oven or heated up for lunch leftovers the next day.
<b>Serves</b>	3-4
<b>Ingredients:</b>	<p>½ medium yellow onion, chopped finely 1 red bell pepper, chopped 1 crown of broccoli, cut into small florets 1 can of chickpeas, drained and rinsed 1 tbsp olive oil 1 tbsp low sodium soy sauce 1 tsp chilli powder ½ tsp ground cumin ½ tsp paprika ¼ tsp ground coriander 2 cloves of garlic, minced Juice from ½ lime</p>
<b>Instructions:</b>	<ol style="list-style-type: none"><li>1. Preheat the oven to 410°F.</li><li>2. Combine the onion, red pepper, broccoli, and chickpeas in a large bowl.</li><li>3. Toss the chickpea mixture with the olive oil, soy sauce, and spices until evenly coated.</li><li>4. Line a baking tray with tin foil and spread the chickpea mixture evenly on it.</li><li>5. Bake the chickpeas for 20 minutes.</li><li>6. Remove from the oven and mix in the garlic.</li><li>7. Bake for another 10 minutes, then remove from the oven and drizzle with the lime juice.</li></ol> <ol style="list-style-type: none"><li>1. Serve over your favourite rice, quinoa, or couscous. Top with chopped tomatoes and avocado if desired.</li></ol>