

Quinoa Salad with Roasted Vegetables and White Beans

Ingredients:

1 lb. carrots, sliced diagonally
1 head cauliflower, cored and separated into florets
1 1/2 tsp. cumin, ground
3 tbsp. olive oil
salt and pepper
1 cup quinoa
1 tbsp. lemon zest
15 oz. chickpeas
1 bu. Scallions, sliced thin
5 oz. baby arugula

Method:

- Preheat oven to 450. Place carrots and cauliflower in large bowl and toss with 1 tablespoons of the oil, cumin and salt and pepper. Separate into 2 sheet trays and roast until golden brown and tender, rotating and tossing halfway through. Cool to room temp.
- Cook 1 cup quinoa in 3 cups salted water. Bring to a boil, turn to a simmer, cover and cook 15 minutes. Fluff with a fork, cover and let sit 5 minutes. Remove cover and set aside to cool.
- In small bowl, whisk lemon juice, zest and remaining oil. Season with salt and pepper.
- In large bowl, combine roasted vegetables with quinoa, chickpeas, and scallions. Place arugula in bowl and drizzle with 1 tbsp. of dressing. Add remaining dressing to quinoa mixture and toss. Serve over arugula.