

Dressed Cauliflower Chickpea Bowls

Serves: 4-5

INGREDIENTS:

1 can chickpeas or garbanzo beans, rinsed and drained

1 head cauliflower

1 cup brown rice

1/2 cup cashews

Dressing:

1/4 cup olive oil

1/4 white wine vinegar

2 tbsp honey or pure maple syrup

1/2 tsp dijon mustard

2 tsp finely chopped ginger

Optional protein: Chicken breast or non-gmo organic tofu

Utensils needed:

Sheet pan, cutting board, knife, medium sized pot, 1 medium bowl, 1 small bowl, colander or hand-held strainer, fork.

INSTRUCTIONS:

1. Preheat the oven to 400 degrees.
2. Bring a pot of water to a boil on the stove top.
3. Chop up the cauliflower into florets and place on a sheet pan. Toss lightly with olive oil, then sprinkle with salt and pepper. Place into the oven to roast for 20-25 minutes.
4. Add in the rice to the pot of boiling water. Reduce heat and let simmer for 20-30 minutes until soft.
5. While waiting for the cauliflower to roast and rice to cook, open and drain the chickpeas into a colander in the sink. Rinse with water and add to a big bowl - set aside.
6. In a small bowl, whisk the dressing together - set aside.
7. When cauliflower is slightly browned, take it out of the oven and let it cool. Then add to the bowl with the chickpeas.
8. Drain the rice in the colander in the sink and rinse with water. Add to the chickpea/cauliflower bowl.
9. Pour the dressing on top of the chickpea/cauliflower/rice bowl.
10. Wait to add cashews just before serving so they stay crunchy!



Serving size: 1 cup mixture + added optional protein + 2 tbsp crushed cashews or 8 whole cashews chopped up