

CHICKPEA QUINOA SALAD WITH ORANGE SOY & SESAME DRESSING



PRINT
PREP TIME
15 mins
COOK TIME
15 mins
TOTAL TIME
30 mins

A nutritious, make-ahead chickpea + quinoa salad with crunchy veggies and an orange soy & sesame dressing.

Author: Brittany at ilovevegan.com

Recipe type: Salad, Side dish

Cuisine: Vegan

Serves: 6 cups

INGREDIENTS

Orange Soy & Sesame Dressing

- 1 navel orange, juiced
- 1 tbsp sesame oil
- 1 tbsp canola oil
- 1 tbsp agave syrup
- 2 tbsp soy sauce
- ½ tbsp rice wine vinegar
- 1½ tbsp nutritional yeast
- 2 cloves garlic, minced
- ½" chunk ginger, minced
- 1 tbsp sesame seeds

Chickpea Quinoa Salad

- 3 cups quinoa, cooked (cook in broth for best flavour)
- 1 (540ml/19 fl. oz.) can chickpeas, drained (approx. 2 cups cooked)
- ⅔ cup chopped kale (stems removed, packed)
- ½ cup chopped red and green bell pepper
- ¼ cup chopped green onion
- ¼ raw pumpkin seeds
- 2-4 tbsp hemp hearts

INSTRUCTIONS

Orange Soy & Sesame Dressing

- 1 Combine all ingredients. Mix well and set aside.

Chickpea & Quinoa Salad

- 1 If not already chilled, refrigerate cooked quinoa.
- 2 While the quinoa chills, combine kale with orange soy & sesame dressing. Set aside.
- 3 Combine room temperature (or cooler) quinoa, kale, dressing, and all remaining ingredients.
- 4 Refrigerate until chilled before serving.