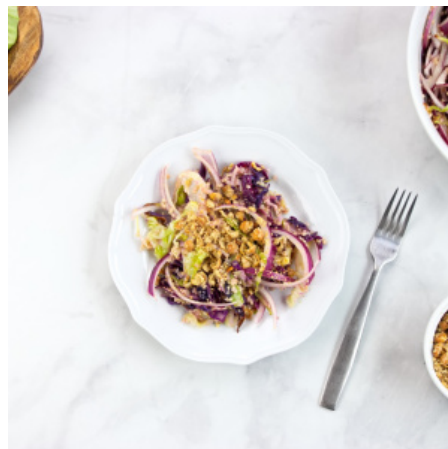


## Warm Cabbage Salad with Quinoa and Chickpea Crumble

|            |   |
|------------|---|
| Prep Time  | 20 mins                                       |
| Total Time | 40 mins                                       |
| Meal Type  | Lunch,Dinner,Side                             |
| Source     | <a href="#">Living Plate Teaching Kitchen</a> |
| Servings   | 6   |



## Salad

### Ingredients

lb,c g,ml

- 1 1/2 cups chickpeas, *canned, drained and rinsed*
- 1/2 head green cabbage, *medium, thinly sliced*
- 1/2 head red cabbage, *medium, thinly sliced*
- 2 Tbs olive oil
- 1 tsp oregano, *dried*
- 1 cups quinoa, *cooked*
- 1/2 red onion, *small, thinly sliced*
- salt, *to taste*
- black pepper, *to taste*

### Directions

#### Prep

1. Preheat oven to 400°F.
2. Line two baking pans with parchment paper.
3. Drain and rinse the chickpeas and dry with a paper towel.
4. Prep vegetables according to instructions.

#### Make

1. In a bowl, toss chickpea with 1 tablespoon olive oil, oregano, and some salt and pepper to taste. Stir to coat and add to baking sheet. Place in oven for about 30 minutes until very crispy and dry.
2. In an another bowl, toss sliced cabbages with 1 tablespoon olive oil and some salt and pepper to taste. Massage cabbage until well-coated. Place in oven for approximately 15 minutes until wilted.
3. Cabbages will be cooked before the chickpeas so watch both.
4. Place warm cabbage in bowl with cooked quinoa and toss to coat.
5. Place chickpeas in a food processor and pulse until crumbled.
6. Toss cabbage-quinoa mixture with red onions and enough dressing to coat. Season with salt and pepper to taste.
7. Serve warm cabbage-quinoa mixture topped with chickpea crumble.

## Dressing

### Ingredients

lb,c g,ml

- 3 Tbs Dijon mustard
- 1 tsp garlic, *minced or pressed*
- 1 tsp maple syrup
- 3/4 cups olive oil
- 1/4 cups red wine vinegar

### Directions

#### Prep

1. Mince or press garlic.

#### Make

1. Add ingredients for dressing to a mason jar and shake vigorously. Adjust to taste.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

| Nutrition Facts                    |  | Amount/serving   | % Daily Value* | Amount/serving                 | % Daily Value* |
|------------------------------------|--|--|----------------|--------------------------------|----------------|
| <b>Calories</b> 446<br>per serving |  | <b>Total Fat</b> 1.9g  | 2%             | <b>Total Carbohydrates</b> 31g | 10%            |
|                                    |  | Saturated Fat 0.4g   | 1%             | Dietary Fiber 10g              | 40%            |
|                                    |  | Trans Fat 0.0g   |                | Total Sugars 10g               |                |
|                                    |  | Cholesterol 0mg  | 0%             | <b>Protein</b> 7g              |                |
|                                    |  | Sodium 293mg   | 12%            |                                |                |
|                                    |  | Vitamin D 0mcg 0% · Calcium 78mg 7% · Iron 1mg 7% · Potassium 232mg 4% |                |                                |                |

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

[- Show all nutrients -](#)