

Quinoa with grilled Zucchini and Chickpeas

INGREDIENTS

FOR THE SALAD:

- 1/2 cup quinoa, cooked according to package
- 1 can of chickpeas, drained and rinsed
- 1 medium zucchini, chopped into small chunks {about 1 1/2 cups}
- 3 green onions, green parts chopped
- 1/4 cup fresh parsley, chopped

FOR THE DRESSING:

- 3 Tablespoons olive oil
- 1 Tablespoon lemon juice {optional}
- 1 teaspoon turmeric
- 1 teaspoon cumin
- 1/2 teaspoon paprika
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

Method

1. Cook quinoa according to package and set aside to cool.
2. In a large mixing bowl mix chickpeas, zucchini, green onions and parsley together.
3. In a small mixing bowl whisk together the olive oil, turmeric, cumin, paprika, salt and pepper for the dressing. Taste and adjust the seasoning.
4. Add the quinoa to the zucchini and chickpea mixture and combine.

5. Mix in dressing and stir to combine. Cover and refrigerate until ready to serve.
6. Garnish with fresh parsley.
