

Healthy Veggie Bowl with Crispy Chickpeas

A nutritious and delicious lunch option for those following a diet. Packed with veggies and protein-rich chickpeas, this bowl is easy to make and full of flavor.


30 min

Total time

Easy

Difficulty

400

kcal / serving

Ingredients

- 1 cup cooked quinoa
- 1/2 cup cherry tomatoes, halved
- 1/2 cucumber, diced
- 1/4 red onion, thinly sliced
- 1/2 avocado, sliced
- 1/2 cup cooked chickpeas
- 1 tablespoon olive oil
- 1/2 teaspoon paprika
- Salt and pepper to taste
- Fresh lemon wedges for serving

Steps

- 1 Preheat the oven to 400°F (200°C).
- 2 In a bowl, toss the cooked chickpeas with olive oil, paprika, salt, and pepper until well coated.
- 3 Spread the chickpeas on a baking sheet and bake for 20-25 minutes until crispy.
- 4 Assemble your bowl by layering quinoa, cherry tomatoes, cucumber, red onion, avocado, and crispy chickpeas.
- 5 Serve with fresh lemon wedges for an extra burst of flavor.