

Quinoa and Chickpea Salad with Lemon-Tahini Dressing

This vibrant quinoa and chickpea salad is packed with protein and fiber while being low in fat and calories. The zesty lemon-tahini dressing adds a burst of flavor, making this dish both satisfying and nutritious.



Salad

25 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1/4 cup quinoa
- 1/2 cup canned chickpeas, rinsed and drained
- 1/4 cup cherry tomatoes, halved
- 1/4 cucumber, diced
- 1/4 bell pepper, diced
- 1 tablespoon fresh parsley, chopped
- 1 tablespoon tahini
- 1 tablespoon lemon juice
- Salt and pepper to taste

Steps

- 1 Rinse the quinoa under cold water and cook it according to package instructions (usually about 15 minutes).
- 2 While the quinoa cooks, prepare the vegetables and place them in a bowl.
- 3 In a separate small bowl, whisk together tahini, lemon juice, salt, and pepper to create the dressing.
- 4 Once the quinoa is cooked, fluff it with a fork and let it cool slightly.
- 5 Combine the quinoa with the vegetables and chickpeas in the bowl.
- 6 Drizzle the lemon-tahini dressing over the salad and toss gently to combine.
- 7 Serve immediately or chill in the refrigerator for 30 minutes for flavors to meld.