



Crispy Chickpea Grain Bowl with Lemon Vinaigrette

The tangy lemon vinaigrette in these diabetes-friendly vegetarian grain bowls ties the quinoa, toasted pumpkin seeds, roasted chickpeas and kale all together. Whip them up for easy high fiber, low-calorie meal-prep lunches or a healthy and satisfying dinner.

Ingredients

- 2/3 cup quinoa
- 1 1/3 cups water plus 1 tablespoon, divided
- 1/8 teaspoon salt plus 1/4 teaspoon, divided
- 1 (15 ounce) can no-salt-added chickpeas, rinsed
- 1 small red onion, thinly sliced
- 4 teaspoons extra-virgin olive oil plus 2 tablespoons, divided
- 1/4 teaspoon ground pepper, divided
- 1 bunch kale, stems removed, thinly sliced (about 5 cups)
- 1 teaspoon Dijon mustard
- 1 clove garlic, minced
- 2 teaspoons lemon zest
- 2 tablespoons lemon juice
- 1 red bell pepper, thinly sliced
- 1/4 cup crumbled feta cheese
- 2 tablespoons toasted pumpkin seeds

Preparation

Yield: 4 servings, 1 1/2 cups salad and 1 tablespoon vinaigrette.

1. Preheat oven to 350 degrees F.
2. Combine quinoa, 1 1/3 cups water, and 1/8 teaspoon salt in a medium saucepan. Bring to a boil over medium-high heat. Reduce heat to medium-low, partially cover, and simmer until the quinoa is tender, about 15 minutes. Drain any excess water.
3. Meanwhile, pat chickpeas dry with a paper towel. Toss with onion, 4 teaspoons oil, and 1/8 teaspoon each salt and pepper in a large bowl. Spread out on the prepared baking sheet. Roast for 15 minutes.
4. Toss kale with 2 teaspoons oil and the remaining 1/8 teaspoon salt in the large bowl. Stir the kale into the chickpeas and roast for 15 minutes more.
5. Whisk mustard, garlic, lemon zest, lemon juice, the remaining 1 tablespoon of water and the remaining 1/8 teaspoon pepper in a small bowl. Whisk in the remaining 2 tablespoons oil.
6. Divide the quinoa among 4 serving bowls. Top with the kale mixture, bell pepper slices, feta, and pumpkin seeds. Drizzle with the vinaigrette.

Nutrition

Calories: 370 | Fat: 18.2g | Saturated Fat: 3.6g | Protein: 12.4g | Carbs: 40.7g | Chol: 8.3mg | Sodium: 486.3mg | Fiber: 9g | Sugars: 7g | Carbs: 40.7g |

Source : [eatingwell.com](https://www.eatingwell.com)

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