Pumpkin Chickpea Quinoa Salad

Cook Time: 0 min prep Time: 0 min total Time: 0 min servings: 2-3
Ingredients:

- Spice mix for pumpkin and chickpeas: 1 teaspoon each sweet paprika + cumin + coriander + cardamom, and 1/2 teaspoon each cinnamon + nutmeg
- 1 cup pumpkin or butternut squash, peeled and cubed
- 1/2 cup cooked chickpeas, patted dry
- 1/2 cup cooked quinoa
- 2 cups rocket leaves roughly torn
- 1/4 cup fresh parsley, roughly chopped
- 1/4 cup walnuts
- 1/4 cup fresh pomegranate

Dressing:

- 1/2 cup greek yogurt (activia)
- 1/4 cup olive oil
- 1 tablespoon lemon zest
- 1/4 cup lemon juice
- 1 tablespoon honey
- salt & pepper to taste

Instructions:

1. Pre-heat the oven to 400F or 200C. Prepare 2 baking sheets with parchment paper.

2. Add a little bit of oil to the pumpkin (about 1 teaspoon) and 1/2 a teaspoon of the spice mix, and some salt. Spread evenly on the baking sheet and roast until fork tender, about 30-40 minutes. Do the same with the chickpeas adding some oil, 1/4 teaspoon of the spice mix and salt to taste, and roast for about 30 minutes. Once done, takes them out of the oven and let cool.

3. Mix all the dressing ingredients in a small bowl and set aside.

4. Spread the rocket leaves on a large plate, then layer on top the quinoa, pumpkin, chickpeas and parsley. Sprinkle the nuts and pomegranate on top and finally drizzle with some of the dressing. Enjoy!