



# Roasted Veggie Chickpea Bowls



## Introduction

Roasted Veggie Chickpea Bowls with Maple Dijon Tahini Dressing is a delightful and nutritious meal that combines wholesome ingredients in a colorful and satisfying bowl. Packed with fiber-rich chickpeas and a variety of roasted vegetables, this dish is not only incredibly tasty but also easy to prepare. The addition of a zesty maple dijon tahini dressing elevates the flavors, making it a perfect option for lunch or dinner.

## Detailed Ingredients with measures

- 1 can chickpeas, drained and rinsed
- 2 cups broccoli florets
- 1 red bell pepper, diced
- 1 cup sweet potatoes, cubed
- 1 tablespoon olive oil
- Salt and pepper to taste

For the Maple Dijon Tahini Dressing:

- 3 tablespoons tahini
- 2 tablespoons maple syrup
- 1 tablespoon Dijon mustard
- 1 tablespoon lemon juice
- 2-3 tablespoons water to thin, as needed

## Prep Time

Preparation for this recipe takes about 10-15 minutes.

## Cook Time, Total Time, Yield

Cook Time: 25-30 minutes

Total Time: Approximately 40-45 minutes

Yield: Serves 4 bowls





## Detailed Directions and Instructions

### Step 1: Preheat the Oven

Preheat your oven to 425°F (220°C).

### Step 2: Prepare the Vegetables

Wash and chop your choice of vegetables, such as bell peppers, zucchini, and carrots into even-sized pieces for uniform cooking.

### Step 3: Season the Vegetables

In a large bowl, toss the chopped vegetables with olive oil, salt, and

pepper until evenly coated.

#### **Step 4: Roast the Vegetables**

Spread the seasoned vegetables in a single layer on a baking sheet. Roast in the preheated oven for 20-25 minutes, stirring halfway through, until tender and slightly caramelized.

#### **Step 5: Prepare the Chickpeas**

Rinse and drain canned chickpeas. Spread them on a clean kitchen towel and pat dry to remove excess moisture.

See also Pineapple Heaven Cheesecake

#### **Step 6: Season the Chickpeas**

In a bowl, toss the dried chickpeas with olive oil, salt, and paprika (or your desired spices) until well coated.

#### **Step 7: Roast the Chickpeas**

Add the seasoned chickpeas to the baking sheet with vegetables during the last 10-15 minutes of roasting. This will allow them to become crispy.

#### **Step 8: Make the Maple Dijon Tahini Dressing**

In a small bowl, whisk together tahini, maple syrup, Dijon mustard, lemon juice, and water until smooth. Adjust the consistency with more water if needed.

#### **Step 9: Assemble the Bowls**

In bowls, layer the roasted vegetables and chickpeas. Drizzle with the

maple Dijon tahini dressing.

### **Step 10: Serve and Enjoy**

Serve the bowls warm and enjoy your roasted veggie chickpea bowls with maple Dijon tahini dressing.

## **Notes**

### **Storage**

Leftovers can be stored in an airtight container in the refrigerator for up to 3 days.

### **Customization**

Feel free to customize the vegetables based on your preference or what you have on hand.

### **Vegan Option**

This recipe is naturally vegan, ensuring it fits well into plant-based diets.

### **Dressings**

Try different dressings if you want to switch up the flavor profile.



## Cook techniques

### Roasting Vegetables

Roasting is a method that involves cooking food evenly in an oven. This technique enhances the natural sweetness of vegetables and adds a delightful caramelized exterior.

### Crisping Chickpeas

Crisping chickpeas involves roasting them in the oven until they are crunchy. This adds texture to dishes and makes for a delicious snack.



### **Making Tahini Dressing**

Tahini dressing is created by blending tahini, liquids, and seasonings. It adds creaminess and flavor to salads and bowls.

See also [Kimchi Fried Rice Recipe for Easy Meals](#)

## **FAQ**

### **Can I use different vegetables for roasting?**

Yes, you can use any vegetables you prefer or have on hand. Just ensure they have similar cooking times for even roasting.

### **How long should I roast the chickpeas?**

Roast the chickpeas for about 20 to 30 minutes, or until they are crispy. Keep an eye on them to prevent burning.

### **Can I make the tahini dressing ahead of time?**

Yes, you can prepare tahini dressing in advance. Store it in an airtight container in the refrigerator for up to a week.

### **What can I substitute for tahini?**

If you don't have tahini, you can use almond butter or sunflower seed butter as a substitute, adjusting the flavors accordingly.

### **Is this recipe suitable for meal prep?**

Absolutely! This recipe is great for meal prep as the roasted veggies and chickpeas can be stored in the fridge for a few days.





## Conclusion

Enjoying roasted veggie chickpea bowls provides a nutritious and satisfying meal option, perfect for anyone looking to incorporate more plant-based recipes into their diet. The blend of flavors from the roasted vegetables, crunchy chickpeas, and the creamy maple-Dijon tahini dressing makes for a delightful dining experience that is both hearty and healthy.

## More recipes suggestions and combination

**Quinoa Salad with Avocado and Black Beans**

Combine cooked quinoa with black beans, diced avocado, cherry tomatoes, and a lime dressing for a refreshing and protein-packed salad.

**Sweet Potato and Lentil Bowl**

Roast sweet potatoes and mix with cooked lentils, spinach, and a drizzle of balsamic vinaigrette for a warm and filling meal.

**Stuffed Bell Peppers**

Fill bell peppers with a mixture of brown rice, chickpeas, diced tomatoes, and spices, then bake until tender for a flavorful and nutritious dish.

See also Fried Pineapple Rings with Creamy Coconut Dipping Sauce

**Grilled Vegetable Wraps**

Wrap grilled zucchini, bell peppers, and eggplant in a whole grain tortilla with hummus for a quick, healthy lunch option.

**Apple and Kale Slaw**

Toss together shredded kale, grated apples, and walnuts with a light vinaigrette for a crunchy and refreshing side salad.

