



DINNER

Turmeric Quinoa Bowl



Ingredients

- 15 oz . can chickpeas
- 2 tsp turmeric
- 1 tsp paprika
- 1 Tbsp coconut oil
- 1/4 cup quinoa
- salt/pepper
- 2 kale leaves
- 1/2 Tbsp olive oil
- 1 avocado



Instructions

- Preheat oven to 350 degrees.
- Drain and rinse the chickpeas.
- Place the chickpeas in a mixing bowl and add 1 tsp of paprika, coating them evenly. Lay the chickpeas on the other 1/2 of the baking sheet.
- Roast the chickpeas for about 25 minutes.
- Cook the quinoa with 1/2 cup of water. Once the quinoa is cooked, add 1 tsp of turmeric (salt/pepper to taste), mix together, and let cool.
- Wash the kale and massage the olive oil over the leaves. Separate the leaves into the 4 bowls.
- Slice the avocado and split into the 4 bowls.
- Add the quinoa and roasted chickpeas to the bowls and serve!