

YIELD: 10 SERVINGS

Quinoa Chickpea Salad

This quinoa chickpea salad is made with simple, wholesome ingredients that make it not only delicious but also beautiful and filling.

PREP TIME	COOK TIME	TOTAL TIME
20 minutes	20 minutes	40 minutes

Ingredients

Salad Ingredients

- 12 cherry tomatoes, halved
- 4 green onions, sliced
- [1/2 cup dry quinoa](#)
- 1.5 cups garbanzo beans (chickpeas), cooked or canned, drained and rinsed
- 3 tablespoons fresh cilantro

Dressing Ingredients

- 1/4 cup orange juice, (juice from 2 oranges)
- 1/4 cup seasoned rice vinegar
- 2 teaspoons white or yellow miso
- 1 tablespoon maple syrup or agave nectar
- 1 clove garlic, minced
- 1 teaspoon ginger, grated or minced
- [2 teaspoon black sesame seeds](#)

Instructions

Salad

1. Cook the quinoa according to the package directions. This means first rinsing it in a [rice rinsing bowl](#). If it isn't rinsed well, quinoa can have a bitter taste.



2. While the quinoa is cooking, go ahead and dice up the green onions, cherry tomatoes, and cilantro. Regular tomatoes can also be used, I just like that the cherry tomatoes are round and uniform in size. They make for a beautiful salad.
3. If you are using canned chickpeas in this recipe, drain and rinse them in a colander to remove most of the salt and preservatives. I do this by dumping the container into a colander or strainer.
4. Whisk together the salad dressing ingredients in a small bowl. This dressing recipe will actually make more than you need for this salad, so you'll have a little left to keep in the refrigerator to drizzle over those garden and/or kale salads.
5. Once the quinoa has finished cooking, place it in a large bowl, and add the chickpeas, diced veggies. Last, pour about 1/4 cup or a little more of the orange miso dressing in and mix together thoroughly to coat well. Add more if you prefer.
6. This salad can be served immediately or chilled in the refrigerator for a few hours or overnight. Allowing it time to marinate actually enhances the flavors.

Notes

Pro Tips:

- Always rinse the quinoa before cooking, as the package directs. There is a natural film on the quinoa that can taste bitter if not rinsed off before cooking.
- If you are using canned chickpeas for this recipe, remember to drain and rinse the liquid before adding it to the salad.
- I highly advise making extra dressing while you're at it and using it on salads.

Nutrition Information: YIELD: 10

Amount Per Serving: CALORIES: 95 TOTAL FAT: 2g CARBOHYDRATES: 17g FIBER: 3g
SUGAR: 4g PROTEIN: 4g

To obtain the most accurate representation of the nutritional information in a given recipe, you should calculate the nutritional information with the actual ingredients used in your recipe, using your preferred nutrition calculator. You are solely responsible for ensuring that any nutritional information provided is accurate, complete, and useful.



Did you make this recipe?

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SHARING IS CARING!

CUISINE: American / **CATEGORY:** Sides

<https://eatplant-based.com/chickpea-salad-with-orange-miso-dressing/>