

Veggie & Chickpea Bowl with Peanut Sauce

Makes 4 servings

Total cooking time: 45 minutes

Ingredients

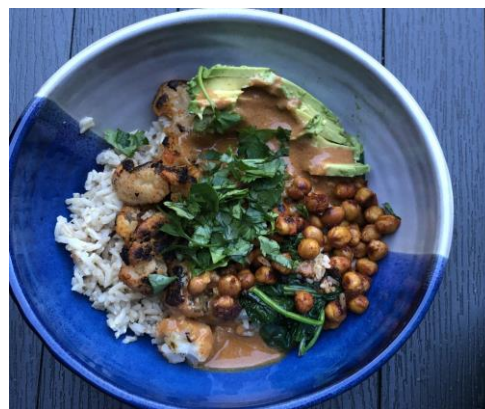
- ½ cup long-grain brown rice
- 15-ounce can (1 ½ cups) chickpeas, drained and rinsed
- 4 tablespoons garlic powder, divided
- 4 tablespoons onion powder, divided
- 4 tablespoons smoked paprika, divided
- 3 tablespoons dried parsley, divided
- 1 tablespoon plus 1 teaspoon olive oil, divided
- ½ teaspoon cayenne pepper, divided
- 1 teaspoon agave nectar
- 4 cups frozen cauliflower florets
- 4 cups fresh spinach
- ¼ cup peanut butter
- ½ cup water
- ½ teaspoon white miso
- Juice from one small lime
- 1 teaspoon sriracha
- 1 avocado, sliced
- 2 tablespoons fresh parsley, chopped
- 2 tablespoons fresh cilantro, chopped

Preparation

Preheat oven to 375 degrees F.

Prepare the rice according to package instructions.

In a large bowl, toss the chickpeas with *1 tablespoon each* of garlic powder, onion powder, smoked paprika, and dried parsley, plus *1 teaspoon* olive oil, *¼ teaspoon* cayenne, and agave nectar. When fully coated, spread the chickpeas in an even layer on a baking sheet. Bake for 30 minutes, stirring occasionally, or until desired crunchiness is achieved (chickpeas will continue to crisp as they cool).



Nutrition Facts	
4 servings per container	
Serving size	1/4 recipe
Amount per serving	
Calories	510
% Daily Value*	
Total Fat 24g	31%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 64g	23%
Dietary Fiber 17g	61%
Total Sugars 10g	
Includes 1g Added Sugars	2%
Protein 18g	
Vitamin D 0mcg	0%
Calcium 177mg	15%
Iron 6mg	35%
Potassium 1293mg	30%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

In the same bowl, toss the frozen cauliflower florets with *2 tablespoons each* of garlic powder, onion powder, smoked paprika, and dried parsley, plus the remaining *1 tablespoon* olive oil and *¼ teaspoon* cayenne until coated.

Heat a large skillet over high heat. Transfer the cauliflower to the skillet, and cook for 3 to 4 minutes without stirring. Once they are nicely seared on one side, flip each piece so all sides are seared and golden-brown, about 8 to 10 minutes total. Transfer the cauliflower to a plate and cover loosely with foil.

Add the spinach to the hot skillet, and cook quickly in the residual oil and spices from cauliflower. Once wilted, transfer from the skillet to a plate.

Reduce the heat to low, and add the peanut butter to the skillet. Heat gently until the peanut butter has melted, then whisk in the water, miso, and the remaining *1 tablespoon each* of garlic powder, onion powder, and smoked paprika. Remove from heat, and stir in the lime juice and sriracha.

In 4 bowls, arrange the rice, chickpeas, cauliflower, spinach, and avocado. Drizzle with the peanut sauce, and top each bowl with fresh parsley and cilantro.