Chickpea Salad With Orange Miso Dressing

Source: Written by Jason Wyrick and adapted by Celine Steen

Salad dressings can be low in fat, cost pennies, and still be as flavorful and simple as store-bought dressings.

About the Recipe

502 Calories · 20.2 g Protein · 13.6 g Fiber
Lunch
Gluten-free · Nut-free

Ingredients

Makes 2 Servings

- 12 cherry tomatoes, halved
- 4 green onions, sliced
- 1/2 c (85 g) dry quinoa
- 1 1/2 c (228 g) low-sodium garbanzo beans (chickpeas), cooked or canned and rinsed
- 3 tbsp (45 mL) fresh cilantro
- 1/4 cup fresh orange juice (juice of 2 oranges)
- 1/4 c (60 mL) seasoned rice vinegar
- 2 tsp (10 mL) white or yellow miso
- 1 tbsp (15 mL) maple syrup or agave nectar
- 1 clove garlic, grated or minced
- 1/3 tbsp (5 mL) ginger, grated or minced
- 2 tsp (10 mL) black sesame seeds

Directions

1. Combine the tomatoes, onions, cooked quinoa, garbanzo beans, and fresh cilantro in a large bowl.
2. In a small bowl, thoroughly whisk the orange juice, rice vinegar, miso, maple syrup or agave nectar, garlic, ginger, and sesame seeds to make the dressing.
3. Pour the dressing into the larger bowl and toss all of the salad ingredients together.   Note: Note: To make quinoa, place 1 part quinoa to 2 parts water (for example: 1 c quinoa to 2 c water) in a 1 1/2-quart (1.4-L) saucepan and bring to a boil. (Or use 85 g of quinoa with 240 mL of water.) Reduce to a simmer, cover, and cook until all the water is absorbed (about 15 minutes). You will know that the quinoa is done when all the grains have turned from white to translucent, and the spiral-like germ has separated. Wait for it to cool to add to the recipe. You could also substitute 1 c (185 g) of frozen, thawed quinoa for a precooked option.

Nutrition Facts

Per serving

Calories: 498 kcal
Fat: 8 g
    Saturated Fat: 1 g
    Calories From Fat: 14%
Cholesterol: 0 mg
Protein: 20 g
Carbohydrates: 73 g
Sugar: 29 g
Fiber: 15 g
Sodium: 714 mg
Calcium: 139 mg
Iron: 6.7 mg
Vitamin C: 38 mg
Beta-Carotene: 815 mcg
Vitamin E: 2.3 mg