

Roasted Tahini Carrot & Chickpea Salad

Swick

Makes 3 servings | Active Time: 45 minutes | Total Time: 45 minutes

Chef's Notes

Suggested adult serving: 3 cups

Store any leftover salad in an airtight container in the refrigerator for up to 3 days.

Step 1: Prepare Salad Fixings

- 1 1/2 tablespoons tahini
- 3/4 teaspoon ground cumin
- 1/3 teaspoon ground coriander
- 3/4 (15-oz) can chickpeas drained & rinsed (see tip) (≈1 1/4 cups)
- 4 1/2 carrots, cut into thick slices (≈2 1/4 cups)
- 4 1/2 oz baby spinach (≈6 cups)
- 6 oz pomegranate seeds (divided) (≈1 1/4 cups)
- 1/3 red onion, thinly sliced (≈1/3 cup)
- FOR THE DRESSING
- 1 1/2 tablespoons red wine vinegar
- 1 1/2 tablespoons pure maple syrup
- 1 tablespoon coarse-grained mustard
- freshly ground black pepper
- sea salt
- 3 tablespoons toasted sliced or slivered almonds (optional)

Preheat the oven to 400°F. Line a rimmed baking sheet with parchment paper or a silicone baking mat.

BAKE TAHINI CHICKPEAS

In a small bowl, combine tahini, cumin, coriander, and 1 1/2 tablespoons water. Place chickpeas on prepared baking sheet. Drizzle with half of the tahini sauce, tossing to coat. Bake for 15 minutes.

BAKE CARROTS

Add carrots to baking sheet with chickpeas and drizzle with remaining tahini sauce. Bake until carrots are crisp-tender, 10 to 15 minutes. Transfer to a wire rack to let cool.

MAKE SPINACH SALAD

In a large bowl, toss together spinach, 3/4 cup pomegranate seeds, and red onions.

MAKE DRESSING

In a high-powered blender (or food processor), combine red wine vinegar, maple syrup, coarse-grained mustard, remaining 1/3 cup pomegranate seeds, and 3 tablespoons water. Blend until smooth. Season with salt and pepper to taste.

ASSEMBLE & SERVE

Add tahini chickpeas and carrots to spinach salad. Drizzle with dressing and sprinkle with toasted almonds, if desired.