

Judi's Recipe Club



Cheezy Quinoa with Heirloom Tomatoes and Skillet Chickpeas

This is a flavorful spicy meal with everything good for you.

Instructions

First start the fluffy quinoa. Bring the water to a boil, then add the quinoa and salt. Cover pot with lid and lower heat to a simmer. After 15 minutes, turn off heat, but do not lift lid. After 10-20 minutes, lift lid and fluff quinoa with a fork. Add in the nutritional yeast and fluff until combined. Set pot aside.

Tomatoes: While the quinoa is cooking you can prep your tomatoes. Add all ingredients to a mixing bowl and toss to marinate the tomatoes. Set aside.

Chickpeas: Warm a skillet over high heat. Add the extra virgin olive oil. When the olive oil is warm, add the chickpeas. Saute for 2-3 minutes until they start to sizzle and pop a bit. Then add in the pepper, paprika, salt and maple syrup. Shake pan a bit to distribute. Cook for a few more minutes until the side brown a bit. Turn off heat and set aside.

Putting it all together: Add a few heaping spoonfuls of the chickpeas to the quinoa and toss. Then pour quinoa into a serving platter or dish. Then top the quinoa with the remaining chickpeas. Then pour the tomatoes right on top, in the center of the dish. Serve like this. **Optional:** You can cover this entire plated meal and place the dish in the fridge to chill. You can then pull the dish from the fridge and serve it chilled. Or reheat in a skillet or in the oven. **OR** You can toss all the ingredients together and store the dish like that -- less fancy looking, more pre-made salad.

Modifications
Omit oil and salt
Omit Maple Syrup

Yield: 4 servings

Our Notes

We made the quinoa, the chickpeas and tomato topping in the morning and refrigerated. For dinner we assembled (measuring out the quinoa) and ate cold like a salad. Delish :)

Original Recipe from:
healthyhappylyfe.com

Ingredients

Quinoa:

1 1/4 cups quinoa, dry
2 cups water
1/4 tsp salt
1/2 cup nutritional yeast

Tomatoes:

1 1/2 cups tomatoes, diced (heirloom if possible)
1/4 cup fresh basil, thinly sliced
2 Tbsp balsamic vinegar, aged
1 clove garlic, thinly sliced
1/2 tsp red pepper flakes
2 Tbsp lemon juice

Skillet Chickpeas:

1-2 tsp extra virgin olive oil
16oz can chickpeas drained/rinsed
1/4 tsp black pepper
1/2 tsp smoked paprika
1 tsp maple syrup, grade B
salt to taste

Our Rating ...



Makes 4 Servings

using 1/2 Cup of the cooked Quinoa
2 Yellow or for vegan
1 Yellow and 1 Red
1 Green
1 Teaspoon

Since each serving would have 1/4 Teaspoon of Maple Syrup I did not count.