



Beet, Chickpea & Ricotta Salad

4 servings

45 minutes

Ingredients

4 Beet (medium, washed)
1 1/2 cups Chickpeas (cooked, patted dry)
2 tbsps Extra Virgin Olive Oil (divided)
1/2 tsp Garlic Powder (divided)
1 tsp Smoked Paprika
Sea Salt & Black Pepper (to taste)
1 cup Ricotta Cheese
2 tbsps Lemon Juice
2 tps Chili Flakes (divided)
3 cups Microgreens

Nutrition

Amount per serving	
Calories	316
Fat	15g
Carbs	35g
Fiber	9g
Sugar	11g
Protein	13g
Cholesterol	30mg
Sodium	137mg
Potassium	607mg
Vitamin A	603IU
Vitamin C	24mg
Calcium	188mg
Iron	4mg

Directions

- 1 Place the beets in a pot and cover with water. Bring to a boil, then reduce the heat to a simmer. Simmer for 25 to 30 minutes or until the beets are fork-tender.
- 2 Remove the beets from the pot and let them cool slightly. Peel the skins and tops off with your hands under running water. Cut into quarters or wedges.
- 3 Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
- 4 Add the chickpeas to the baking sheet. Add half of the oil, half of the garlic powder, paprika, salt, and pepper. Toss to combine. Spread the chickpeas out into an even layer.
- 5 Bake for 20 to 25 minutes until browned and crispy. Toss halfway through.
- 6 In a bowl, whisk together the ricotta, lemon juice, half of the chili flakes, the remaining garlic powder, salt, and pepper until smooth.
- 7 Divide the microgreens, cooked beets, and chickpeas evenly between plates. Top with the whipped ricotta, drizzle the remaining oil, and sprinkle the chili flakes on top. Enjoy!