



Chickpea & Tahini Sesame Chopped Salad

2 servings

20 minutes

Ingredients

- 2 tbsps Coconut Aminos
- 1 tbsp Tahini
- 2 tbsps Apple Cider Vinegar
- 2 tbsps Nutritional Yeast
- 2 tbsps Water (as needed to thin)
- 1/2 Cucumber (large, chopped)
- 1 Carrot (medium, peeled, chopped)
- 2 cups Mixed Greens (chopped)
- 1 cup Cauliflower Rice (thawed)
- 1/2 cup Chickpeas (cooked)
- 1 tbsp Everything Bagel Seasoning

Nutrition

Amount per serving	
Calories	208
Fat	5g
Carbs	28g
Fiber	8g
Sugar	9g
Protein	12g
Cholesterol	0mg
Sodium	659mg
Potassium	737mg
Vitamin A	5190IU
Vitamin C	29mg
Calcium	111mg
Iron	4mg

Directions

- 1 In a large bowl, whisk together the coconut aminos, tahini, vinegar, and nutritional yeast. Add the water a little at a time until the dressing reaches your desired consistency.
- 2 Add the cucumber, carrot, mixed greens, cauliflower rice, chickpeas, and everything bagel seasoning. Toss well to coat all the ingredients evenly.
- 3 Divide evenly between bowls or plates and enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to three days. Add the dressing when ready to serve.

Serving Size: One serving is approximately two cups.

More Flavor: Add chopped fresh herbs like cilantro or parsley.

Additional Toppings: Sliced avocado, toasted nuts, seeds, or shredded cabbage.