

Cauliflower Salad

2 cups cooked chickpeas, rinsed and drained
¼ cup extra virgin olive oil
Kosher salt and freshly ground pepper
½ pound green beans, trimmed and halved on bias
1 head cauliflower, thinly sliced
1 bunch flat-leaf parsley, leaves picked
½ cup dried raisins
Parmesan cheese (shaved)

Dressing:

1 tablespoon whole-grain Dijon mustard
1 tablespoon minced garlic
1 teaspoon agave
Juice of 1 lemon
½ cup safflower oil

Directions:

1. Preheat the oven to 450 degrees. Place chickpeas on a paper towel-lined baking sheet; let stand 10 minutes. Pour olive oil onto another rimmed baking sheet and place in oven until oil is hot, about 3 minutes. Add chickpeas to hot baking sheet and spread in a single layer. Roast until chickpeas are deep golden brown and crisp, 12 to 15 minutes. With slotted spoon, transfer to another paper towel lined baking sheet to drain. Season with salt.
2. Prepare an ice bath; set aside. Bring a small pot of salted water to a boil. Add green beans and cook until bright green and crisp-tender, about 4 minutes. Transfer to ice bath; let cook completely. Drain on a paper towel lined plate.
3. In a small bowl, whisk together mustard, garlic, and agave until well combined. Whisk in lemon juice. While whisking, slowly drizzle in safflower oil until well combined. Season dressing with salt and pepper.
4. In a large bowl, combine chickpeas, green beans, cauliflower, parsley, and raisins. Drizzle dressing over salad, tossing well to combine. Top with shaved Parmesan cheese. Season with salt and pepper.

Serves 10

Nutrient Analysis, per serving: 305 calories, 33g. carbohydrate, 7g. protein, 19g. fat, 50mg. sodium