



## Chickpea, Tofu & Sweet Potato Quinoa Salad

3 servings  
 30 minutes

### Ingredients

2/3 cup Quinoa (dry)  
 397 grams Tofu (cut into triangles)  
 2 1/2 cups Chickpeas (cooked)  
 1 Sweet Potato (cubed)  
 1 tbsp Coconut Aminos  
 2 tbsps Extra Virgin Olive Oil  
 1 tbsp Rice Vinegar  
 2 cups Mixed Greens  
 2 tbsps Italian Dressing

### Nutrition

Amount per serving	
Calories	604
Fat	22g
Carbs	75g
Fiber	16g
Sugar	11g
Protein	32g
Cholesterol	0mg
Sodium	251mg
Vitamin A	6197IU
Vitamin C	5mg
Calcium	487mg
Iron	9mg
Selenium	26µg

### Directions

- 1 Cook the quinoa according to package directions.
- 2 Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper. Place the tofu, chickpeas and sweet potato on the baking sheet.
- 3 Mix together the coconut aminos, oil, and rice vinegar. Brush this marinade onto the tofu and pour the rest onto the sweet potato and chickpeas, mixing well with your hands. Bake for 20 minutes or until the tofu edges brown.
- 4 Divide the mixed greens evenly between bowls. Top with the quinoa, sweet potatoes, chickpeas, tofu, and Italian dressing. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for three days. Store the Italian dressing separately.

**Serving Size:** One serving is 2/3 cup of mixed greens, 4.6 oz (130g) of tofu, 3/4 cup of chickpeas, and 1/3 of a sweet potato.

**More Flavor:** Add minced garlic, shallots, and rosemary to the marinade. Cook the quinoa in vegetable broth.

**Additional Toppings:** Hemp hearts, dried cranberries and/or goat cheese.

**No Coconut Aminos:** Use soy sauce or tamari instead.

**No Italian Dressing:** Use your favourite premade dressing or make your own.