

Roasted Bean Salad

The winter chills are coming in strong this time of year and it doesn't have most of us craving big salads. This roasted bean salad is just the thing you need.

Prep:
10 minutes

Cook:
20 minutes

Ready In:
30 minutes

Servings:
2-3



Salad Ingredients

- 1 tsp garlic powder
- 1/2 tsp salt
- 15 oz can chickpeas, rinsed & drained
- 15 oz can black beans, rinsed & drained
- 1 cup edamame, shelled
- 1 bag mixed greens
- 2 green onions, chopped
- 1/4 cup shredded carrots
- 1 cup chopped beets (optional)
- 2 tbsp cranberries
- 1 tbsp sesame seeds

Dressing

- 2 carrots, chopped
- 2 tbsp tahini
- 1/4 cup maple syrup
- 1 inch thumb ginger
- 2 tbsp miso
- 3 green onions, stems removed
- 1/2 cup water

Instructions

- 1 Preheat your oven to 400 degrees F. Rinse and drain your black beans and chickpeas. Toss in garlic powder and salt. Lay out the beans, edamame and chickpeas on a baking sheet and cook for 20 minutes until lightly browned and crispy.
- 2 For the dressing, take all of the ingredients and blend on high until smooth. If you are not using all of the dressing right away you can store it in a sealed container for up to 1 week in the fridge.
- 3 Put together your salad with the greens, carrots, roasted beans, vegetables and toss with the dressing until all the leaves are coated. Top with sesame seeds and green onions.