

## Roasted Carrot and Chickpea Salad

Serves 4

### Ingredients:

- 2# medium carrots halved lengthwise
- 1 (15.5 ounces) can chickpeas, drained and rinsed
- 6 T. extra-virgin olive oil, divided
- ¼ t. Black pepper
- ¼ t. Kosher salt
- 1 cup frozen sweet peas, thawed
- 1 cup plain whole-milk Greek yogurt
- 2 T. fresh lemon juice
- 1 t. Sugar
- ¼ cup pitted kalamata olives, chopped
- ¼ cup roasted sunflower seeds
- ¼ cup loosely packed flat-leaf parsley leaves



### Directions:

1. Preheat oven to 450 degrees.
2. Place carrots and chickpeas on a rimmed baking sheet.
3. Drizzle with 2 T. of the oil and toss to coat.
4. Arrange in an even layer.
5. Sprinkle with pepper and half of the salt
6. Road carrot mixture in the oven until mixture is browned and carrots are tender about 20 minutes.
7. Add peas to the baking sheet and continue roasting for five minutes.
8. Meanwhile, whisk together the yogurt, lemon juice, sugar, 3 tablespoons of the oil, and the remaining ¼ teaspoon of salt in a bowl.
9. Spread yogurt mixture on each plate, arrange carrot mixture on top.
10. Sprinkle with olives, sunflower seeds, and parsley.

11. Drizzle with remaining tablespoon of oil.

Per serving:

529 calories / 32g fat (5g saturated) / 8g cholesterol / 13 g fiber / 17g protein  
/ 17g sugar (1g added) / 765mg sodium / 3mg iron / 203mg calcium

Vegetarian / Gluten-Free

Recipe from *Health* magazine / May 2019

Note: This was way better than I expected! While Tom isn't a big fan of chickpeas, he liked them in this! He especially enjoyed the carrots!