



Makes 2 bowls
Preparation Time: 15 minutes
Cook Time: 15 minutes

INGREDIENTS:

1 15-oz. can chickpeas, rinsed and drained (1½ cups)
¼ cup lemon juice
1 teaspoon garlic powder
Sea salt, to taste
Freshly ground black pepper, to taste
2½ cups shredded cabbage with carrot (coleslaw mix)
1 cup fresh or frozen green peas
1 cup cooked quinoa
½ cup cherry tomatoes, halved

15-Minute Quinoa Slaw Bowl

Need a tasty, nutritious meal that's ready in a flash? This easy quinoa slaw bowl is loaded with healthy ingredients and uses the click of a microwave button to deliver a warm, satisfying dish in a matter of minutes. **Hearty chickpeas**, crunchy cabbage, sweet peas, and juicy tomatoes are tossed together with quinoa and drizzled in tangy lemon juice. Add a few cracks of black pepper and you have the **perfect lunch** for days when you want to keep cooking to a minimum! This flexible dish tastes great served warm, at room temperature, or chilled.

Tips

Cooked quinoa: Look for cooked quinoa in shelf-stable pouches or in the freezer aisle. If you're starting with dry quinoa, in a microwave-safe bowl combine ½ cup quinoa and ¾ cup water. Cover and microwave 9 to 12 minutes. Let stand, covered, 10 minutes. Fluff quinoa. (While cooking, some water may spill over in microwave.)

Stove-top version: In Step 1, in a medium saucepan combine ½ cup of the chickpeas, the lemon juice, garlic powder, salt, pepper, and 2 tablespoons water. Mash mixture into a coarse paste. Add coleslaw mix and peas; mix well. Cook over medium heat for 5 to 10 minutes or until the vegetables are softened, stirring frequently and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking. Continue with Step 2. (To cook quinoa on the stove, use this [guide](#).)

By Darshana Thacker Wendel

- 1 In a microwave-safe bowl combine ½ cup of the chickpeas, the lemon juice, garlic powder, salt, pepper, and 2 tablespoons water. Mash mixture into a coarse paste. Add coleslaw mix and peas; mix well. Microwave 3 to 4 minutes or until vegetables are softened.
- 2 Stir in the remaining chickpeas, the cooked quinoa, and the cherry tomatoes. Season with additional salt and pepper. Toss to combine. Serve immediately or refrigerate until ready to serve.