



Makes 12 cups
Preparation Time: 15 minutes
Cook Time: 10 minutes

INGREDIENTS:

1 tablespoon + $\frac{1}{8}$ teaspoon
paprika

1½ teaspoons ground cumin

1 teaspoon packed brown sugar

1½ teaspoons garlic powder

1½ teaspoons onion powder

1¼ teaspoons dry mustard

$\frac{1}{2}$ teaspoon freshly ground black
pepper, plus more for garnish

$\frac{1}{4}$ teaspoon cayenne pepper

$\frac{1}{4}$ teaspoon ground cinnamon

1½ 15-oz. cans no-salt-added
chickpeas, rinsed and drained
(2¼ cups)

2 tablespoons lime juice

6 cups chopped romaine lettuce

2 cups cherry tomatoes, halved

1 cup fresh sweet corn kernels
(from 2 ears)

2 cups cooled cooked tricolor
quinoa

$\frac{1}{2}$ cup chopped red bell pepper

$\frac{1}{4}$ cup chopped red onion

1 avocado, halved, seeded, and
peeled

2 tablespoons chopped fresh
parsley

$\frac{1}{3}$ to $\frac{1}{2}$ cup unsweetened,
unflavored plant-based milk

Sea salt, to taste

Freshly ground black pepper, to
taste

Chopped Salad with Air-Fried BBQ Chickpeas

Your classic chopped salad gets a boost of BBQ tang in this delicious vegan version, which adds extra substance with smoky-sweet chickpeas. Coated in a homemade spice blend and **air-fried** to crispy perfection, these little nuggets of flavor are amazing as a salad topper but also quite tasty on their own. The base of lettuce, corn, quinoa, tomatoes, and bell pepper is enhanced with a creamy avocado dressing that's so good you'll be licking the plate clean. Enjoy this colorful salad as a light lunch or serve alongside a cup of classic **tomato soup** to turn it into a bigger meal.

For more hearty salads, check out these tasty ideas:

- [Dandelion Greens Salad with Roasted Baby Beets](#)
- [Plum-Spinach Salad with Curried Lentils](#)
- [Hearty Kale Salad with Warm Citrus and Wheat Berries](#)
- [Morel Mushroom and Apple Salad](#)

By Nancy Macklin, RDN

- 1 To make BBQ Spice Blend, stir together 1 tablespoon paprika, 1 teaspoon garlic powder, 1 teaspoon onion powder, and 1 teaspoon dry mustard, $\frac{1}{2}$ teaspoon freshly ground black pepper, the cumin, brown sugar, cayenne pepper, and cinnamon in a small bowl. Store in an airtight container. Makes about 3 tablespoons.
- 2 For BBQ chickpeas, preheat an air fryer to 360°F. In a medium bowl toss together chickpeas, 1 tablespoon of BBQ Spice Blend, and 1 tablespoon lime juice. Place half in air fryer. Air-fry 10 to 15 minutes or until browned and crisp, stirring occasionally. Transfer to a rimmed baking sheet to cool. Repeat with remaining chickpeas.
- 3 In a bowl combine romaine lettuce and the next five ingredients (through red onion). In a blender combine the remaining 1 tablespoon lime juice, the avocado, parsley, remaining $\frac{1}{2}$ teaspoon each of garlic powder, onion powder, and dry mustard, and remaining $\frac{1}{8}$ teaspoon paprika. Cover and blend until smooth, gradually adding milk to reach drizzling consistency. Drizzle over salad; toss to coat. Season salad with salt and black pepper. Top with chickpeas.