roasted brussels sprout and chickpea salad



featured product:
baby arugula

this salad is a warm, lemony delight that's vegetarian-friendly too!

the slightly peppery freshness of our baby arugula makes the perfect base for roasted brussels sprouts and chickpeas. top with avocado and our favorite lemon caesar dressing for a creamy pairing that'll brighten your day.

ingredients

1 bunch brussels sprouts, thinly sliced
1 15 oz can chickpeas, drained and rinsed
2 tbsp. evoo
fresh black pepper to taste
1 clamshell **organicgirl baby arugula**
¼ cup dairy-free or dairy-based parmesan
1 avocado, sliced
organicgirl lemon caesar dressing

directions

1. preheat the oven to 400.
2. add sliced brussels sprouts and chickpeas to a baking sheet; drizzle with evoo and black pepper.
3. toss brussels sprouts and chickpeas until evenly coated; bake in the oven for 20-25 minutes, or until the brussels sprouts are cooked thoroughly and the chickpeas have become crispy.
4. add organicgirl baby arugula to serving bowls.
5. top with sliced avocado, brussels sprouts and chickpeas, then parmesan cheese
6. drizzle with organicgirl lemon caesar dressing just before serving.