



**Creamy Asian Style Chickpeas and Broccoli**  
**By plantd.co**

As a rich source of vitamins, minerals and fiber, **chickpeas** may offer a variety of health benefits, such as improving digestion, aiding weight management and reducing the risk of several diseases. Additionally, **chickpeas** are high in protein and make an excellent replacement for meat in vegetarian and vegan diets. And with the added almond butter in this recipe, your protein intake is very high.

**Ingredients:**

- 1/3 cup almond butter
- 1 tbsp coconut aminos
- 2 tbsp fresh lime juice
- 2 tsp toasted sesame oil
- 3/4 tsp sriracha sauce
- 1/2 tsp rice vinegar
- 1/2 tsp maple syrup
- 1 clove garlic minced
- 2 tsp grated ginger
- 2 tbsp water to begin, add more water as needed to achieve desired consistency
- 1 lg head of broccoli, chopped into big pieces
- 1 can cooked chickpeas drained
- 1 cup rice cooked (serves 4)
- 1 tbsp oil



**Directions:**

1. Preheat oven to 350F and line baking sheet with parchment paper.
2. Brush oil on parchment paper and spread broccoli and chickpeas, toss to coat with oil
3. Bake 40-45 minutes until broccoli is slightly browned and chickpeas are a little crunchy
4. Mix first 10 ingredients with whisk, if sauce is too thick keep adding tbsp of water until it reaches the consistency you want
5. Take vegetables out of oven and let cool for 5 minutes and place in a large bowl
6. Pour sauce over vegetables and mix thoroughly, pour over rice

Enjoy!

You can add any vegetables that you like, make it your way!