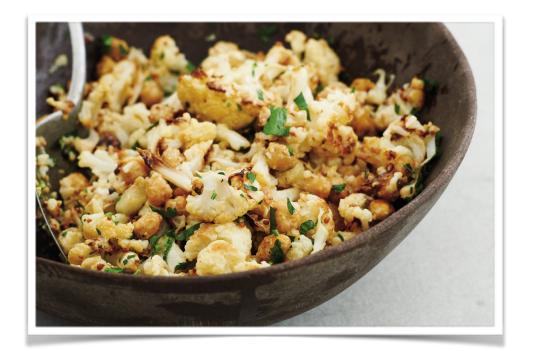
DARIA VENTURA NUTRITIONdariard@gmail.com



Makes 4 servings

ROASTED CAULIFLOWER AND CHICKPEAS WITH MUSTARD AND PARSLEY

INGREDIENTS

1 14-ounce can chickpeas, rinsed, drained and dried 1 head of cauliflower, outer leaves removed, cut into bite-sized florets

3 tablespoons extra virgin olive oil

1/4 cup extra virgin olive oil

Coarse sea salt

1 tablespoon Dijon mustard

1 tablespoon seeded mustard

1 tablespoon white wine vinegar

Freshly ground black pepper

1/4 cup chopped Italian parsley

INSTRUCTIONS

Preheat oven to 400° F and set the rack in the middle.

Toss chickpeas and cauliflower together in a large roasting pan with 3 tablespoons olive oil and a big pinch of salt. Roast, stirring now and then, until everything is dark brown and the cauliflower is quite soft, about 45 minutes.

Meanwhile, whisk together mustards, vinegar, and 1/4 cup of olive oil with a big pinch of salt and a few healthy grinds of black pepper. While the chickpeas and cauliflower are still warm, toss them with the mustard dressing and the parsley.

Serve warm or at room temperature.

Credit: Gwyneth Paltrow