

## Roasted Veggie-Chickpea Bowls with Tahini: Healthy & Flavorful Meal Prep

Roasted Veggie-Chickpea Bowls with Tahini Dressing: A Healthy & Flavorful Delight!



**OVEN**  
**400°F**

**TIME**  
**20 to 25 min**

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**SAVE**  
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### INGREDIENTS

1 can (15 oz) chickpeas, drained and rinsed  
2 cups mixed vegetables (such as bell peppers, zucchini, carrots, broccoli florets, or red onion), cut into bite-sized pieces  
2 tablespoons olive oil  
Salt and black pepper to taste  
1 tablespoon maple syrup  
1 tablespoon Dijon mustard  
2 tablespoons tahini  
1 tablespoon fresh lemon juice  
Optional: 1-2 tablespoons warm water to thin, if needed  
Fresh herbs (such as parsley or cilantro), chopped  
Toasted sesame seeds  
Red pepper flakes

### DIRECTIONS

1. Preheat Oven & Prepare Veggies & Chickpeas: Preheat your oven to 400°F (200°C). In a large mixing bowl, combine the 1 can drained and rinsed chickpeas and the 2 cups mixed vegetables (ensure they are cut into bite-sized pieces). Drizzle with 2 tablespoons olive oil, and season generously with salt and black pepper to taste. Toss everything together until the chickpeas and vegetables are evenly coated.
2. Roast: Spread the mixture on a large baking sheet in a single layer. It's important to give the vegetables and chickpeas space so they roast and become golden and tender, rather than steam. If your baking sheet is too crowded, use two. Roast in the preheated oven for 20 to 25 minutes, or until the vegetables are tender-crisp and the chickpeas are golden and slightly crispy. Give them a stir halfway through the roasting time for even cooking.
3. Prepare the Dressing: While the vegetables and chickpeas are roasting, prepare the delicious maple Dijon tahini dressing. In a small bowl, whisk together the 1 tablespoon maple syrup, 1 tablespoon Dijon mustard, 2 tablespoons tahini, and 1 tablespoon fresh lemon juice until smooth. If the dressing is too thick, whisk in 1-2 tablespoons of warm water, one tablespoon at a time, until it reaches a drizzle-able consistency.
4. Serve: Once roasting is complete, remove the baking sheet from the oven and let the roasted veggies and chickpeas cool for a few minutes. To serve, divide the warm roasted veggies and chickpeas into individual bowls. Drizzle generously with the creamy maple Dijon tahini dressing. Top with fresh herbs (such as chopped

parsley or cilantro) for garnish, or a sprinkle of toasted sesame seeds. Enjoy your delicious and healthy meal!

## SWAPS & NOTES

**Chickpeas:** Ensure chickpeas are well-drained and patted dry for optimal crispness when roasting.

**Mixed Vegetables:** This recipe is highly customizable.

Great choices include bell peppers (any color), zucchini, carrots, broccoli florets, cauliflower florets, red onion, asparagus, or cherry tomatoes .

Cut them into uniform, bite-sized pieces for even roasting.

## TIPS FOR SUCCESS

**Dry Chickpeas:** Ensure chickpeas are very dry after rinsing for optimal crispness.

Pat them thoroughly with paper towels.

Single Layer Roasting: Don't overcrowd the baking sheet!

Giving vegetables and chickpeas space allows them to roast and crisp up instead of steam.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/roasted-veggie-chickpea-bowls-with-tahini-healthy-flavorful-meal-prep/>