



Simple | Healthy | Delicious

Teff Bowl with Avocado, Chickpeas & Lemon-Tahini Sauce



INGREDIENTS

½ cup water
¼ cup teff grain
1 tbsp. tahini
1 tbsp. lemon juice
¼ of a medium Haas avocado, sliced
1 small carrot, grated
½ cup sliced roasted red bell pepper (from jar)
½ cup drained and rinsed canned chickpeas
1 cup mixed salad greens / mesclun

DIRECTIONS:

1. In a small saucepan set over medium-high heat, bring water to a boil; stir in teff. Reduce heat to medium and cook, stirring once or twice, for 10 minutes (there will still be water in the pan). Remove from heat, cover, and let stand for 15 minutes until water is absorbed; fluff with a fork and season with fine sea salt to taste...
2. Meanwhile, in a small cup, stir the tahini, lemon juice and enough water to make a drizzling consistency; season with fine sea salt to taste.
3. Place teff in a small serving bowl. Top with the avocado, carrot, roasted pepper, chickpeas and salad greens. Drizzle with tahini dressing.

NUTRITION INFORMATION:

1. Low in saturated fat
2. No cholesterol
3. High in dietary fiber
4. Very high in vitamin B6
5. Very high in vitamin C
6. **Serving size:** entire recipe **Calories:** 395 **Fat:** 11.7 g **Saturated fat:** 1.5 g **Trans-fat:** 0 g **Carbohydrates:** 64.g **Sugar:** 4.3 g
Fiber: 15.2 g **Protein:** 15.1 g **Cholesterol:** 0