



Plant-Based Edamame & Chickpea Crunch

Macros: 420 Calories; 24g Protein; 42g Carbs; 20g Fat

Ingredients

- 1/2 cup shelled edamame (steamed)
- 1/2 cup roasted chickpeas
- 2 cups chopped romaine lettuce
- 1/4 cup red bell pepper, diced
- 1 tbsp hemp hearts
- 2 tbsp tahini
- 1 tbsp lemon juice
- Warm water (to thin the dressing)

Directions

- In a small bowl, whisk the tahini and lemon juice. Add warm water a teaspoon at a time until the dressing reaches a pourable consistency.
- Combine the romaine, edamame, roasted chickpeas, and red bell pepper in a serving bowl.
- Sprinkle the hemp hearts over the mixture.
- Drizzle the tahini dressing evenly over the salad and toss.