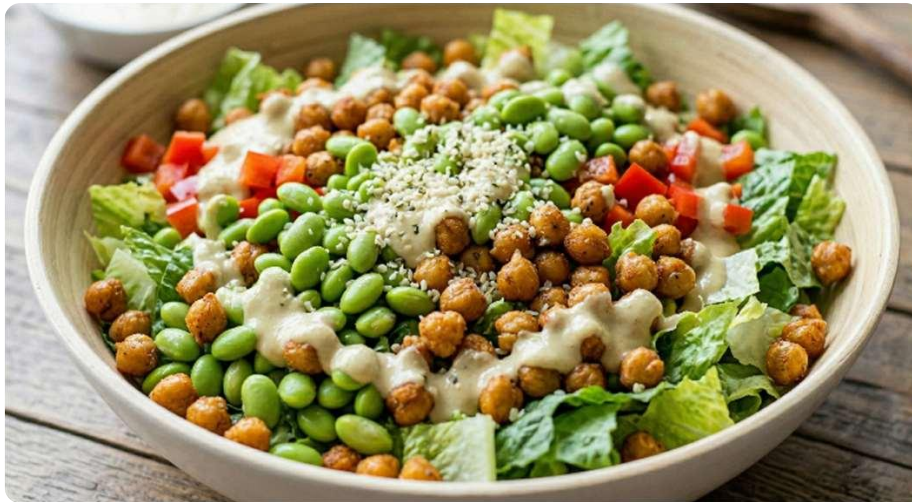

PLANT-BASED EDAMAME & CHICKPEA CRUNCH

420 Calories | 24g Protein | 42g Carbs | 20g Fat



INGREDIENTS

- ½ cup shelled edamame (steamed)
- ½ cup roasted chickpeas
- 2 cups chopped romaine lettuce
- ¼ cup red bell pepper, diced
- 1 tbsp hemp hearts
- 2 tbsp tahini
- 1 tbsp lemon juice
- Warm water (to thin the dressing)

DIRECTIONS

1. 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.
2. Combine the romaine, edamame, roasted chickpeas, and red bell pepper in a serving bowl.
3. Sprinkle the hemp hearts over the mixture.
4. Drizzle the tahini dressing evenly over the salad and toss.