

# Shaved Brussels Sprouts with Chickpeas & Raisins

Susan Alsembach

This simple meal can be made with what you have in your pantry and is one of the meals that is great for when you don't know what to cook.

Swapping out the chickpeas for grilled chicken, adding some chopped spinach and nuts will give this meal a little extra crunch and flavour.

Try it out and see what you think.

Enjoy,  
Susan

# Shaved Brussels Sprouts with Chickpeas & Raisins

7 ingredients · 20 minutes · 4 servings



## Directions

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1. Combine the quinoa and water together in a pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid, fluff with a fork and set aside.
2. Meanwhile, heat the oil in a skillet over medium heat. Add the brussels sprouts and cook until tender and crispy, about 5 to 7 minutes. Season with half the salt.
3. In a large bowl, combine the quinoa, brussels sprouts, raisins, chickpeas and remaining salt. Divide evenly between plates and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container up for up to five days.

### Serving Size

One serving is approximately 1 1/2 cups.

### More Flavor

Add a splash of olive oil and lemon juice or serve with your favorite salad dressing. Cook the quinoa in broth instead of water.

### Additional Toppings

Salad dressing, lemon juice, fresh herbs, feta cheese or goat cheese.

## Ingredients

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**170 grams** Quinoa (dry, uncooked)

**415 milliliters** Water

**15 milliliters** Avocado Oil

**176 grams** Brussels Sprouts (thinly sliced or shredded)

**3 grams** Sea Salt (divided)

**83 grams** Raisins

**164 grams** Chickpeas (cooked, rinsed)