



Columbia Grain™

CULTIVATING GROWTH™

RECIPE

Roasted Cauliflower with Chickpeas and Pomegranate

Enjoy a savory breakfast or brunch with this delicious take on toast. Featuring protein-rich great northern beans, rustic toasted sourdough, and broccoli rabe, it appeals to vegans and vegetarians, too.





Recipe by USA Pulses/Joe Yonan

INGREDIENTS

- 1 15 oz can chickpeas, rinsed and drained
- 1 medium head cauliflower, cut into florets
- 1 ½ tsp garlic powder
- 1 ½ tsp cumin, ground
- 1 tsp paprika
- 1 tsp chili powder
- 1 tsp salt, kosher
- 2 tbsp olive oil
- 1 tbsp lemon juice, fresh
- ½ cup pomegranate seeds
- 2 tbsp chopped fresh parsley

INSTRUCTIONS

1. Preheat oven to 400 degrees F.
2. Place cauliflower florets and chickpeas in a large bowl. Add the garlic powder, cumin, paprika, chili powder, and salt. Drizzle with olive oil and fresh lemon juice. Stir until the cauliflower and chickpeas are well coated.
3. Place on a large baking sheet and bake for 45 minutes or until the cauliflower and chickpeas are slightly crisp.
4. Remove from the oven and add the pomegranate arils and fresh parsley. Serve immediately and season with sumac, salt and pepper.

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