
Mediterranean Chickpea and Vegetable Bowl with Lemon-Herb Dressing

A fiber-rich, low-glycemic bowl featuring protein-packed chickpeas, colorful vegetables, and a zesty lemon dressing that keeps blood sugar stable.

Prep: 20 min

Cook: 60 min

Total: 80 min

Servings: 4

GL 6.3 / GI 24

Ingredients

dried chickpeas, soaked overnight

cherry tomatoes, halved

cucumber, diced

red bell pepper, chopped

red onion, thinly sliced

baby spinach leaves

extra virgin olive oil

fresh lemon juice

garlic cloves, minced

fresh parsley, chopped

fresh mint, chopped

ground cumin

sea salt

black pepper, freshly ground

Instructions

Step 1

Drain the soaked chickpeas and rinse thoroughly under cold water. Place them in a large pot and cover with fresh water by about 2 inches. Bring to a boil over high heat, then reduce to a gentle simmer. Cook for 45-60 minutes until tender but not mushy. Drain and set aside to cool slightly.

Step 2

While the chickpeas are cooking, prepare all your vegetables. Halve the cherry tomatoes, dice the cucumber into bite-sized pieces, chop the red bell pepper, and thinly slice the red onion. Rinse the baby spinach and pat dry. Set all vegetables aside in separate bowls.

Step 3

Prepare the lemon-herb dressing by whisking together the olive oil, fresh lemon juice, minced garlic, and ground cumin in a small bowl. Add the chopped parsley and mint, then season with sea salt and freshly ground black pepper. Whisk vigorously until the dressing is well emulsified.

Step 4

In a large mixing bowl, combine the cooked chickpeas with half of the lemon-herb dressing while they're still slightly warm. This allows them to absorb maximum flavor. Toss gently and let them marinate for 5-10 minutes.

Step 5

Add the cherry tomatoes, cucumber, red bell pepper, and red onion to the bowl with the chickpeas. Drizzle with the remaining dressing and toss everything together gently but thoroughly, ensuring all ingredients are evenly coated.

Step 6

Create a bed of fresh baby spinach in each serving bowl. The spinach will slightly wilt from the warmth of the chickpeas, adding a pleasant texture contrast.

Step 7

Divide the chickpea and vegetable mixture evenly among the four bowls, placing it on top of the spinach. Garnish with additional fresh herbs if desired. Serve immediately, or refrigerate for up to 3 days for meal prep. For best blood sugar management, eat the vegetables first, followed by the protein-rich chickpeas.