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# Roasted Cauliflower and Chickpea Power Salad with Creamy Tahini Dressing

*A nutrient-dense, blood sugar-friendly salad featuring fiber-rich roasted cauliflower and chickpeas, peppery arugula, and heart-healthy fats from avocado and tahini.*

Prep: 20 min

Cook: 25 min

Total: 45 min

Servings: 4

**GL 12.0 / GI 28**

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## Ingredients

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**Low GI vegetable, high in fiber** medium head of cauliflower, cut into small florets

**Low GI legume, excellent protein and fiber source** canned chickpeas, rinsed and drained

**Healthy fat, slows glucose absorption** extra virgin olive oil

fine sea salt

ground cumin

garlic powder

onion powder

smoked paprika

freshly-cracked black pepper

**Low carb, nutrient-dense leafy green** fresh arugula

[logifoodcoach.com/recipes/roasted-cauliflower-and-chickpea-power-salad-with-creamy-tah](http://logifoodcoach.com/recipes/roasted-cauliflower-and-chickpea-power-salad-with-creamy-tah)

**Healthy fats slow glucose absorption** large ripe avocado, thinly sliced

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small red onion, thinly sliced

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**Healthy fats and protein** toasted pine nuts

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lemon wedges, for serving

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**Sesame paste, healthy fats** tahini

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freshly-squeezed lemon juice

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garlic clove, pressed or minced

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## Instructions

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### Step 1

Preheat your oven to 425°F (220°C). Line a large rimmed baking sheet with parchment paper or lightly coat with cooking spray to prevent sticking.

### Step 2

In a large mixing bowl, combine the cauliflower florets and drained chickpeas. Drizzle with olive oil, then add the sea salt, cumin, garlic powder, onion powder, smoked paprika, and black pepper. Toss everything together thoroughly until the vegetables are evenly coated with oil and spices.

### Step 3

Spread the seasoned cauliflower and chickpeas in a single layer across the prepared baking sheet, ensuring they're not overcrowded. Roast in the preheated oven for 25-30 minutes, stirring once at the halfway point, until the cauliflower develops golden-brown edges and becomes fork-tender. Remove from oven and let cool slightly.

### Step 4

While the vegetables roast, prepare the tahini dressing. In a small bowl or mason jar, whisk together the tahini, lemon juice, cumin, and minced garlic. Add 2 tablespoons of warm water and whisk vigorously until smooth and creamy. If the dressing is too thick, add additional warm water one tablespoon at a time until you reach a pourable consistency. Season with salt and pepper to taste.

## **Step 5**

Arrange the fresh arugula on a large serving platter or in a wide salad bowl. Top with the thinly sliced red onion, avocado slices, and toasted pine nuts, distributing them evenly across the greens.

## **Step 6**

Add the warm roasted cauliflower and chickpeas to the salad, scattering them over the arugula and other ingredients. The warmth will slightly wilt the arugula, creating a pleasant textural contrast.

## **Step 7**

Drizzle the creamy tahini dressing generously over the entire salad. Serve immediately with extra lemon wedges on the side for squeezing. For best blood sugar control, encourage diners to eat the vegetables first, followed by the chickpeas and other components.