



Roasted Broccoli, Fennel, and Chickpeas

Prep: 10 minutes | Cook: 25 minutes | Total: 35 minutes

Yield: 6 servings | Serving Size: ~1 cup

Ingredients

- 1 cup nonfat plain Greek yogurt
- ½ cup chopped fresh parsley
- ½ jalapeno, membranes and seeds removed, minced
- 2 tablespoons lemon juice (about ½ lemon)
- Pinch ground black pepper
- 3 tablespoons olive oil
- 1 garlic clove, minced (about ½ teaspoon)
- 1½ teaspoons ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- ¼ teaspoon salt
- 1 medium head broccoli, cut into florets (about 3 cups)
- 1 medium fennel bulb, cored and sliced about ½-inch-thick
- 1 (15-ounce) can no-salt-added chickpeas (garbanzo beans), drained and rinsed

Directions

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper. Set aside.
2. In a medium mixing bowl, stir together the yogurt, parsley, jalapeño, lemon juice, and black pepper. Set aside.
3. In a separate large mixing bowl, stir together the oil, garlic, coriander, cumin, paprika, and salt.
4. Add the broccoli, fennel, and chickpeas. Toss to combine and coat with the oil-seasoning mixture
5. Transfer the mixture to the prepared baking sheet, spreading it into a single layer.
6. Roast for 12 minutes, then remove from the oven and stir the mixture on the baking sheet.
7. Spread the mixture back out into a single layer, then place back in the oven.
8. Continue cooking until browned and the vegetables are fork-tender, about 10-12 minutes.
9. Transfer the roasted vegetable-chickpea mixture to the bowl with the yogurt mixture. Toss to combine.
10. Serve warm.

**Nutrition Facts Per Serving: Calories: 195 | Total Fat: 8.5 g | Saturated Fat: 1 g
Sodium: 155 mg | Total Carbohydrate: 21.5 g | Dietary Fiber: 6.5 g | Protein: 10 g**

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