

# roasted red pepper salad

**Makes 2 servings**

RECIPE ADAPTED FROM: [Munching with Mariyah](#)

COOK TIME: 30 minutes

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## SALAD

5 oz container of mixed greens  
4 red bell peppers, sliced  
1 small red onion, cut into wedges  
1 can chickpeas, rinsed and drained  
olive oil  
kosher salt, to taste  
¼ cup roughly minced dill  
¼ cup roughly minced parsley  
feta cheese (optional)  
cooked chicken breast (optional)

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## SPICY LEMON VINAIGRETTE

¼ cup olive oil  
¼ cup lemon juice  
1 Tbsp honey  
¼ tsp kosher salt, plus more as needed  
¼ tsp cayenne pepper  
¼ tsp garlic granules or 1 garlic clove, minced  
¼ tsp cumin

PREHEAT oven to 450°F and line 1 large or 2 medium baking sheets with parchment paper.

ADD the peppers, onion and chickpeas to the prepared sheet pan(s). Drizzle generously with olive oil and salt and toss to combine. You might want to keep the pepper, onion, and chickpeas separate on the same tray; just in case you need to remove the peppers before the chickpeas are done cooking.

ROAST the veggies and chickpeas in the oven for 25-30 minutes, or until the peppers and onion are slightly charred and the chickpeas are golden brown and crispy.

PREPARE the dressing while the veggies roast. Add all vinaigrette ingredients to a bowl and whisk well. Taste, adjusting salt and honey as needed.

ASSEMBLE the salad once the veggies and chickpeas are done. Place mixed greens into a large serving bowl, followed by the roasted veggies and chickpeas, dill and parsley. Pour half of the dressing over the bowl and toss to combine. Taste and add more dressing and salt as needed. Top with feta cheese and cooked chicken, if desired.

SERVE immediately while the salad is still warm!

