



Makes 6 cups
Preparation Time: 20 minutes

INGREDIENTS:

- ¼ cup lemon juice
- 1½ tablespoons tahini
- 1½ tablespoons pure maple syrup
- 2 teaspoons chopped fresh ginger
- 1 very small clove garlic
- ½ teaspoon ground cumin
- ½ teaspoon ground cinnamon
- ½ teaspoon sea salt
- ¼ teaspoon paprika
- 1 15-oz. can chickpeas, rinsed and drained (1½ cups)
- 1½ cups cooked farro, quinoa, or brown rice (or one 15-oz. can black beans, rinsed and drained)
- 1½ to 2 cups roughly chopped baby spinach or tender kale leaves
- 1½ cups chopped roasted winter squash or sweet potato, or steamed or roasted cauliflower florets
- ½ cup chopped red bell pepper or halved grape tomatoes
- ⅓ cup chopped dried apricots
- ⅓ cup sliced scallions

Moroccan Bean Salad

This party-worthy Moroccan bean salad from plant-based powerhouse [Dreena Burton](#) is flavorful, satisfying, and easy to make. It all starts with a sumptuously seasoned dressing that features [ginger](#), cumin, cinnamon, and paprika, while nutty tahini and tart lemon juice give it a creamy texture that's ideal for drizzling. A hearty combination of chickpeas, whole grains of your choice, roasted squash, and leafy greens make up the bulk of the salad, but this versatile recipe can be adjusted to fit whatever produce and legumes you have lying around your kitchen. Dried apricots and scallions add the finishing touch to this sweet-and-savory meal. Enjoy as a hearty lunch or serve as a side dish at a [vegan potluck](#).

From [Dr. Neal Barnard's Cookbook for Reversing Diabetes](#)

For more Moroccan inspiration, check out these tasty ideas:

- [Moroccan Butternut Squash and Chickpea Stew](#)
- [Moroccan Carrot-Beet Salad](#)
- [Moroccan Chickpea-Potato Tagine](#)
- [Sweet Moroccan Pancakes with Chocolate Banana Sauce](#)

By Dreena Burton

- 1** For Moroccan Salad Dressing, in a blender combine the first 9 ingredients (through paprika) and ¼ cup water. Cover and blend until smooth. Store in an airtight container in the refrigerator until ready to use.
- 2** In a large bowl combine the chickpeas and the remaining six ingredients; toss to combine. Add ½ cup of the Moroccan Salad Dressing; toss to coat. Taste and add more dressing, if you like. Season with salt and black pepper. Store any leftover salad dressing in an airtight container in the refrigerator for up to 3 days.