

# High-Protein Trader Joe's Chickpea Rice with Roasted Veggies & Sweet Mustard Sauce

Prep: 10 minutes • Cook: 30 minutes

---

*A cozy, protein-packed rice bowl where chickpea-infused rice meets caramelized sheet-pan veggies, all finished with a creamy, zesty sweet mustard sauce of silken tofu and hemp hearts.*

## Ingredients

---

- 1 cup jasmine or brown rice (uncooked)
- 3/4 cup Trader Joe's Greek Chickpeas with Cumin & Parsley (from 1/2 can)
- 2 tablespoons seasoned oil from Greek chickpeas can
- 1 3/4 cups water or vegetable broth
- 1 teaspoon olive oil or butter (optional)
- pinch salt
- pinch turmeric (optional)
- 1 small zucchini (sliced into half-moons)
- 1 cup butternut squash (cubed)
- 1 medium potato (diced)
- 1 1/2 tablespoons olive oil
- 1 teaspoon Trader Joe's 21 Seasoning Salute (or favorite seasoning blend)
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon garlic powder
- to taste black pepper
- 3 tablespoons hempseed hearts
- 1/2 cup silken tofu
- 1 tablespoon mustard (yellow or Dijon)
- 2 teaspoons coconut sugar
- 1 teaspoon soy sauce (or tamari for gluten-free)
- 1 tablespoon lemon juice (optional)
- 1–2 tablespoons water (to thin as needed)
- 1 tablespoon parsley or cilantro (chopped)
- a sprinkle Everything But the Bagel seasoning
- optional crispy roasted chickpeas (for garnish)
- optional toasted nuts (for garnish)

## Instructions

---

1. Make the chickpea rice: In a pot or rice cooker, combine 1 cup rice, about 3/4 cup (from 1/2 can) Trader Joe's Greek Chickpeas, 2 tablespoons of the seasoned oil from the can, 1 3/4 cups water or vegetable broth, 1 teaspoon olive oil or butter (optional), and a pinch of salt and turmeric (optional).
2. Cook the rice according to package directions until tender and the liquid is absorbed; the rice will take on the chickpeas' lemony, garlicky, herby flavor.
3. Preheat the oven to 425°F (220°C).
4. Prep the vegetables: Slice 1 small zucchini into half-moons, cube 1 cup butternut squash, and dice 1 medium potato. Toss on a sheet pan with 1 1/2 tablespoons olive oil, 1 teaspoon 21 Seasoning Salute (or favorite blend), 1/2 teaspoon smoked paprika, 1/4 teaspoon garlic powder, plus salt and black pepper to taste.
5. Roast the vegetables for 25–30 minutes, flipping halfway, until golden, tender, and lightly crisp at the edges.
6. Make the sweet mustard sauce: In a blender, combine 3 tablespoons hempseed hearts, 1/2 cup silken tofu, 1 tablespoon mustard (yellow or Dijon), 2 teaspoons coconut sugar, 1 teaspoon soy sauce (or tamari), and 1 tablespoon lemon juice (optional). Add 1–2 tablespoons water to thin as needed and blend until smooth and creamy. Adjust to taste.
7. Assemble: Divide the chickpea rice among bowls, top with roasted vegetables, and drizzle generously with the sweet mustard sauce.
8. Garnish with chopped parsley or cilantro, a sprinkle of Everything But the Bagel seasoning, and optional crispy roasted chickpeas or toasted nuts for crunch.
9. Serve warm. For meal prep, store rice, veggies, and sauce separately and assemble just before eating.

---

**Tags: High Protein, Vegan, Trader Joe's, Rice Bowl, Sheet Pan, Gluten-Free Option**

---