

# **Broccoli Chickpea Quinoa Salad**

## **Ingredients:**

- 1 cup cooked quinoa
- 1/2 cup steamed broccoli
- 1/2 cup chickpeas
- 1 tbsp tahini
- 1 tbsp lemon juice

## **Instructions:**

1. Mix ingredients in a bowl.
2. Drizzle tahini-lemon dressing and serve.

## **Benefits:**

Rich in plant-based protein and supports hormonal balance.

