

# CHICKPEA QUINOA BOWL

Get your fiber from this hearty meal!

## INGREDIENTS

- 1 (7 ounce) jar roasted red peppers, rinsed
- ¼ cup slivered almonds
- 4 tablespoons extra-virgin olive oil, divided
- 1 small clove garlic, minced
- 1 teaspoon paprika
- ½ teaspoon ground cumin
- ¼ teaspoon crushed red pepper (optional)
- 2 cups cooked quinoa
- ¼ cup Kalamata olives, chopped
- ¼ cup finely chopped red onion
- 1 (15 ounce) can chickpeas, rinsed
- 1 cup diced cucumber
- ¼ cup crumbled feta cheese
- 2 tablespoons finely chopped fresh parsley

## DIRECTIONS

### STEP 1

Cook quinoa according to instructions or prep ahead of time.

### STEP 2

Make the sauce by placing peppers, almonds, 2 tablespoons oil, garlic, paprika, cumin and crushed red pepper in a mini food processor or blender. Puree until fairly smooth.

### STEP 3

To serve, either divide the quinoa mixture among 4 bowls and top with equal amounts of the chickpeas, cucumber and the red pepper sauce or dish up in one big bowl for sharing. Sprinkle with feta and parsley.

## NUTRITION FACTS

Serving Size: 1 1/2 cup | Total servings: 4

Per Serving: 479 calories, total carbohydrate 50g, dietary fiber 8g, total sugars 3g, protein 13g, total fat 25g, saturated fat 4g, cholesterol 8mg



**Wisconsin Athletic Club**

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