



These easy bowls are packed with fiber and full of flavor.

SPICED CHICKPEA BOWLS

INGREDIENTS

Roasted Chickpeas

- 1 can chickpeas, rinsed & drained
- 1 red onion, peeled and chopped into 1/2 inch wedges
- 1/2 tsp garlic powder
- 1/4 tsp chili powder
- 1/4 tsp ground ginger
- 1/4 tsp cumin
- 1/8 tsp turmeric
- olive oil
- salt & pepper

Additional Ingredients

- quinoa, 4 servings
- 1 Roma tomato
- 1 cucumber
- 2 lemons
- 1/4 tsp sugar
- Feta cheese
- 1/4 cup plain Greek yogurt

DIRECTIONS

1. Pre-heat oven to 425 degrees.
2. Combine spices in a small bowl. On a baking sheet, toss chickpeas and onion wedges with olive oil, spices, salt & pepper. Roast for 15-20 minutes.
3. Cook quinoa according to package directions. We recommend 4 servings for this recipe.
4. Dice tomato. Half cucumber lengthwise and then cut into half moons. Place in a bowl together and season with juice from one lemon, a drizzle of olive oil, 1/4 tsp sugar, salt & pepper.
5. In a small bowl, combine Greek yogurt, juice from 1 lemon and season with a pinch of salt.
6. Once quinoa is cooked and chickpeas are roasted, assemble the bowls. Place the quinoa on the bottom, then top with chickpea mixture and tomatoes and cucumbers. Sprinkle with desired amount of feta cheese and greek yogurt sauce.

