

Marinated Chickpeas



Ingredients

4 cans chickpeas, rinsed and drained (15 oz)	1/2 tsp black pepper
1/2 cup shredded carrots	6 Tbsp fresh lemon juice
1/2 cup chopped fresh parsley	4 cloves garlic, minced
1/2 cup banana peppers, chopped	1/2 cup balsamic vinegar
1/2 cup red onion, chopped	1 Tbsp Dijon mustard
4 tsp chopped fresh chives	1/2 tsp Italian seasoning
1 tsp chopped fresh rosemary	1 tsp honey
	1/4 cup olive oil

Nutrition Information Per Serving

Serving Size: 1/2 cup
Serves 12
Calories: 200
Fat: 6 gm
Sodium: 70 mg
Fiber: 6 gm
Carbohydrates: 30 gm
Protein: 8 gm

Instructions

Combine chickpeas, carrots, parsley, banana peppers, onion, chives, rosemary, and black pepper in a bowl. In a separate bowl whisk together lemon juice, garlic cloves, balsamic vinegar, Dijon mustard, Italian seasoning and honey. Slowly incorporate olive oil to make a dressing. Pour dressing on chickpea mixture and combine. (might not need all of the dressing, just use enough to cover all the ingredients).