

Marinated Chickpeas



Ingredients

2 cans chickpeas, rinsed and drained (15 oz)	1/4 tsp black pepper
1/4 cup shredded carrots	3 Tbsp fresh lemon juice
1/4 cup chopped fresh parsley	2 cloves garlic, minced
1/4 cup banana peppers, chopped	1/4 cup balsamic vinegar
1/4 cup red onion, chopped	1 1/2 tsp Dijon mustard
2 tsp chopped fresh chives	1/4 tsp Italian seasoning
1/2 tsp chopped fresh rosemary	1/2 tsp honey
	1/8 cup olive oil

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).

Nutrition Information Per Serving

Serving Size: 1/2 cup

Serves 6

Calories: 200

Fat: 6 gm

Sodium: 70 mg

Fiber: 6 gm

Carbohydrates: 30 gm

Protein: 8 gm