

Marinated Chickpeas

Serves: 12- ½ cup

amount	unit	Ingredients:
4	cans	chickpeas, 15 oz can, rinsed and drained
0.5	cup	shredded carrots
0.5	cup	chopped fresh parsley
0.5	cup	banana peppers, chopped
0.5	cup	red onion, chopped
4	tsp	chopped fresh chives
1	tsp	chopped fresh rosemary
0.5	tsp	black pepper
6	Tbsp	fresh lemon juice
4	cloves	garlic cloves, minced
0.5	cup	balsamic vinegar
1	Tbsp	Dijon mustard
0.5	tsp	Italian seasoning
1	tsp	honey
0.25	cup	olive oil

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).

Nutritional information:

Calories: 200; Carbohydrate: 30g; Fiber 6g; Protein: 8g; Fat: 6g; Saturated Fat: 0g; Cholesterol: 0mg; Sodium: 70mg