

Chickpea Salad

Yield: 5 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/east-roasted-red-peppers-recipe>

Ingredients:

- 15 ounces chickpeas well rinsed and drained
- 5 tablespoons olive oil separated
- 1/2 teaspoon ground cumin EACH:, ground chili powder
- 1/4 teaspoon cayenne pepper optional
- salt
- cracked pepper
- 4 11/16 ounces couscous mix
- 1 roasted garlic oil
- 1/2 cup hothouse cucumber or chopped english
- 1/2 cup cherry tomatoes ~8 ounces, halved
- 1/2 cup Kalamata olives chopped
- 1/4 cup flat leaf Italian parsley finely chopped
- 1/2 cup roasted red bell pepper ~1 full jarred, chopped, find these near olives, pickles, etc. in a jar
- pita bread optional
- lemon optional
- 2 lemons large, 1/2 teaspoon zest; 4 tablespoons juice
- 1/2 tablespoon red wine vinegar
- 2 tablespoons honey
- 1 teaspoon Dijon mustard
- 1 teaspoon dried oregano

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 62 grams
3. Fat: 17 grams
4. Fiber: 10 grams
5. Protein: 10 grams
6. SaturatedFat: 2 grams
7. Sodium: 780 milligrams

8. Sugar: 8 grams

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