

# Roasted Greek Chickpeas & Orzo Bowl

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-chickpeas-recipe>

## Ingredients:

- 4 tablespoons extra virgin olive oil
- 15 ounces chickpeas drained, rinsed and patted dry with paper towels
- 3 teaspoons dried oregano
- 4 cloves garlic smashed into a paste
- salt
- pepper
- 1 cup orzo cooked, feel free to sub any grain you have on hand here
- 1 cup diced cucumber
- 1 cup diced tomato
- 1/3 cup diced red onion
- 1/3 cup tzatziki homemade or store-bought!
- 1/3 cup crumbled feta cheese more or less as desired
- salt
- pepper
- red wine vinegar optional
- olive oil optional

## Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 69 grams
3. Cholesterol: 10 milligrams
4. Fat: 23 grams
5. Fiber: 8 grams
6. Protein: 15 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 860 milligrams
9. Sugar: 5 grams

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