

Roasted Vegetable Chickpea Salad

A healthy and delicious alternative to a green salad with extra protein.

Ingredients: (serves 4)

- 1 pint grape tomatoes, halved
- 1 green pepper (seeded and chopped)
- ½ red onion, chopped
- ¼ cup of corn kernels
- 4 cloves garlic, minced
- 3-4 tbsp olive oil
- Salt and pepper to taste
- 2 (15oz) cans of chickpeas, drained and rinsed
- 4oz crumbled feta cheese
- 2 tsp red wine vinegar (or balsamic vinegar)
- 2 tsp honey
- 3 tbsp fresh basil, finely chopped
- 2-3 tbsp fresh chives, minced



Directions:

1. Preheat oven to 400 degrees F
2. Line a baking sheet with foil and add the grape tomatoes, red pepper, red onion, corn, and garlic
3. Drizzle lightly with olive oil and season with salt and pepper
4. Roast for about 25 minutes flipping the vegetables halfway through
5. Add the chickpeas and feta to a mixing bowl
6. In a smaller bowl combined 2 ½ tbsp. of olive oil with the vinegar and honey. Wisk together until smooth
7. Add the cooled vegetables to the bowl with the chickpeas and top with the dressing
8. Toss to mix all ingredients well
9. Add herbs to the bowl and serve at room temperature or chilled

Source: <https://www.howsweeteats.com/2012/07/roasted-summertime-chickpea-salad/>



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