



AULTCARE WELLNESS RECIPE

CHICKPEA & QUINOA BOWL WITH ROASTED RED PEPPER SAUCE



Ingredients:

1 (7-ounce) jar roasted red peppers, rinsed

¼ cup slivered almonds

4 tablespoons extra-virgin olive oil, divided

1 clove garlic, minced

1 teaspoon paprika

½ teaspoon ground cumin

¼ teaspoon crushed red pepper (optional)

2 cups cooked quinoa

¼ cup Kalamata olives, chopped (optional)

¼ cup finely chopped red onion

1 (15-ounce) can chickpeas, rinsed

1 cup diced cucumber

¼ cup crumbled feta cheese

2 tablespoons finely chopped fresh parsley



Serving Size: 1 ½ cups **Calorie:** 479 **Fat:** 25g **Protein:** 13g **Sodium:** 646mg **Carbohydrate:** 50g

Instructions:

Step 1: Place peppers, almonds, 2 tablespoons oil, garlic, paprika, cumin and crushed red pepper (if using) in a mini food processor. Puree until fairly smooth.

Step 2: Combine quinoa, olives, red onion and the remaining 2 tablespoons oil in a medium bowl.

Step 3: To serve, divide the quinoa mixture among 4 bowls and top with equal amounts of the chickpeas, cucumber and the red pepper sauce. Sprinkle with feta and parsley.