

Lemony Quinoa Chickpea salad

Ingredients

Lemon Dressing

- 1/4 cup olive oil
- 1/4 cup lemon juice
- 2 garlic cloves, finely minced
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon sumac (optional)

Chickpea Quinoa Salad

- 3/4 cup quinoa (dry, uncooked)
- 1 1/2 cups water
- 1 15-ounce can chickpeas, rinsed and drained (1 1/2 cups cooked chickpeas)
- 1/2 cup red onion, finely chopped (see notes)
- 1 English cucumber, diced (2 cups)
- 1 bell pepper (yellow is nice) diced
- 1 cup cherry or grape tomatoes, halved (or chopped radish)
- 1/4 cup kalamata olives, chopped or halved
- 1/2 cup flat-leaf parsley, chopped
- 1/4 cup dill, chopped (or sub mint, or use both!)

Instructions

Place quinoa, water and pinch of salt in a medium pot, bring to a boil, cover, simmer on low 12-15 minutes until all the water is gone. Uncover, fluff, cool slightly.

Make the dressing, by mixing all in a bowl.

Prep all the veggies. If sensitive to onions, dice, then soak in cold salted water while you chop the rest.

Place the chickpeas, onions, cucumber, bell pepper, tomatoes, olives, dill and parsley to a large bowl. Add the quinoa and dressing and give a good toss.

Nutrition Facts

Serves 6

Amount Per Serving

Calories	253
----------	-----

% Daily Value*

Total Fat 12.8g	16%
-----------------	-----

Saturated Fat 1.7g	
--------------------	--

Polyunsaturated Fat 2.3g	
--------------------------	--

Monounsaturated Fat 7.7g	0%
--------------------------	----

Cholesterol 0mg	0%
-----------------	----

Sodium 607.4mg	26%
----------------	-----

Total Carbohydrate 30.3g	11%
--------------------------	-----

Dietary Fiber 6.1g	22%
--------------------	-----

Sugars 3.4g	
-------------	--

Protein 7.5g	15%
--------------	-----

-
- Vitamin A 9%
 - Vitamin C 59%
 - Calcium 7%
 - Iron 20%
 - Vitamin D 0%
 - Magnesium 20%
 - Potassium 11%
 - Zinc 13%