



# COOKING FOR WELLNESS

  
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## MEDITERRANEAN CHICKPEA QUINOA BOWL

Yields: 4 Servings

### INGREDIENTS

1 (7 oz) jar roasted red peppers, rinsed ¼ cup slivered almonds  
4 Tbsp extra-virgin olive oil, divided  
1 small clove garlic, minced  
1 tsp paprika  
½ tsp ground cumin  
¼ tsp crushed red pepper (optional)  
2 cups cooked quinoa  
¼ cup Kalamata olives, chopped  
¼ cup finely chopped red onion  
1 (15 oz) can chickpeas, rinsed  
1 cup diced cucumber  
¼ cup crumbled feta cheese  
2 Tbsp finely chopped fresh parsley

### INSTRUCTIONS

1. Place peppers, almonds, 2 tablespoons oil, garlic, paprika, cumin and crushed red pepper (if using) in a mini food processor.
2. Puree until fairly smooth. Combine quinoa, olives, red onion and the remaining 2 tablespoons oil in a medium bowl.
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.