



Chickpea & Zucchini Bowl

By Dena McDowell, MS, RD

Servings: 4

Ingredients	Nutrient value per serving: 1 cup per person
<p>1 (15-oz.) can of chickpeas, drained and rinsed 2 med. zucchini, chopped into bite-sized pieces 1/2 c. red bell pepper, thinly sliced into bite-sized chunks 1 med. sweet onion, thinly sliced 1 c. grape tomatoes, sliced in half 1/2 Kalamata olives, pitted, rinsed and sliced 1/4 c. fresh basil leaves, finely chopped 2 T. olive oil 2 T. red wine vinegar 1 c. brown rice 1 t. dried oregano 1/2 t. ground black pepper</p>	<p>Exchanges 4 starch 1 1/2 vegetable 2 protein 2 fat 1 other carbs Calories.....441 Calories from Fat 102 Total Fat..... 12 g Saturated Fat 1 g Cholesterol.....0 mg Sodium.....243 mg Carbohydrate69 g Fiber.....9 g Sugar 6 g Protein..... 14 g</p>
Instructions	Notes
<ol style="list-style-type: none"> 1. Rinse and drain the chickpeas. Set aside. 2. Add all chopped veggies, olives and basil to the chickpeas. 3. Mix oil and vinegar, and then pour over vegetable and chickpea mixture. Stir until evenly coated. 4. Cook rice according to directions. 5. Add rice to the veggie and chickpea mixture. 6. Season with oregano and pepper. 7. Chill for 2 hr. to allow flavors to meld together. 	<p>Prep time: 45 min. Cook time: 2 hr. to chill</p> <p>Note: All exchange values are approximate. When an optional or additional ingredient is offered, exchange values may change. For simplicity's sake, count other carbohydrates (other carbs) as starches.</p> <p>If you have dietary restrictions, always check the ingredients list on packaged foods to make sure they do not contain wheat or animal products.</p> <p><i>GLUTEN-FREE recipes are prepared without any wheat, barley, rye or triticale. VEGAN recipes are prepared without any animal products including fats, milk or eggs. Check the label on each ingredient to make sure the brand you are using does not contain these items in any form For simplicity's sake; count other carbohydrates as starches.</i></p>