

www.greatoil.com

Quick Quinoa and Chickpeas

Fast-cooking quinoa pasta drizzled with Delavignes Lemon Infused Olive Oil makes a quick and easy vegetarian entree or a hearty side dish.

You Will Need:

- 1 box Quinoa
- 1 Tablespoon Delavignes Tuscan Herb Oil or Garlic Infused Olive Oil
- 1 can chickpeas, rinsed thoroughly
- 1 Cup frozen corn
- 1 Cup frozen peas
- Delavignes Lemon Infused Olive Oil
- Freshly ground black pepper

Instructions: Cook the quinoa following the instructions on the box, discarding the spice packet and substituting 1 Tablespoon of Tuscan Herb Oil for the recommended amount of butter or oil. In either microwave or on the stove: heat the frozen vegetables, then add the chickpeas and heat thoroughly. Combine the vegetable and chickpea mixture and quinoa in large bowl and toss to combine. Drizzle generously with the Lemon Olive Oil and add fresh ground black pepper to taste! This recipe yields about 4 side servings or 2 entrees.