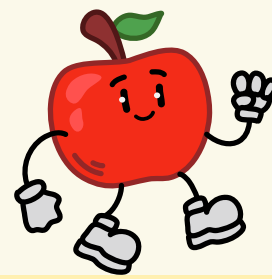


# CHICKPEA & QUINOA NOURISH SNACK



## Ingredients

- 1 CAN OF CHICKPEAS
- ¼ CUP OF QUINOA
- ¼ CUP OF WATER
- ½ TSP OF PAPRIKA
- ¼ TSP OF GARLIC POWDER
- ½ TSP CHILI POWDER
- ¼ TSP OREGANO
- 1-2 TBSP OF OLIVE OIL
- **TIP:** USE COLD-PRESSED OLIVE OIL FOR THE BEST BENEFITS, AS IT IS OF HIGHER QUALITY

### Notes:

- Storage: Store quinoa in an airtight container in the fridge for up to 7-10 days
- Store the chickpeas in an airtight container in a dry place for 10 days.

*Both chickpeas and quinoa can help you take a **NOURISH** step by increasing your fiber and adding a variety of protein into your diet. So, if you want more pep, take a **NOURISH Step!***



PREP TIME  
**5 MIN**



COOK TIME  
**35 MIN**



SERVINGS  
**10 SERVINGS**

## Instructions

1. Preheat oven to 475 degrees Fahrenheit.
  2. Pour the ¼ cup of quinoa into a strainer and rinse well.
  3. Add your rinsed quinoa into a pot and a little bit of the olive oil, about ½ tsp. Then, the pot of quinoa and olive oil can be placed on the stove over medium heat, stirring for 1-2 minutes to roast the quinoa.
  4. Add your ¼ cup of water into the pot after 1-2 minutes of roasting. Stir the quinoa and cover with a lid until all of the water is absorbed by the quinoa.
  5. While you are waiting, rinse your chickpeas and pat them dry completely.
  6. Cover a cookie sheet with aluminum foil or parchment paper
- Tip: if you are putting the chickpeas & quinoa on the same pan, use two separate pieces of foil or parchment paper because they cook for different times.**
7. Spray olive oil or drizzle it over the pan.
  8. Add your chickpeas and quinoa to the pan/pans and spread them out evenly
  9. Add the rest of the olive oil and seasonings and mix around until completely coated. Make sure to spread out evenly for best results.
  10. Put the chickpeas and quinoa into the oven at 475 degrees. The chickpeas will bake for 25-35 minutes, and the quinoa will bake for 15 minutes.