

# Chickpea, Roasted Pepper & Feta Salad

2 yellow bell peppers, cut lengthwise into flat panels  
⅓ cup lemon juice (about 2 lemons)  
3 Tbsp. olive oil  
¼ tsp. salt  
2 cans (15 oz. each) chickpeas, rinsed and drained  
1 pint grape tomatoes, halved  
1 medium red onion, halved and thinly sliced  
½ cup flat-leaf parsley, finely chopped  
2 bunches arugula or watercress, tough stems removed  
8 oz. feta cheese, crumbled (about 2 cups)



1. Preheat broiler. Broil pepper pieces, skin side up, 4 inches from heat for 12 minutes or until skin is charred. When cool enough to handle, peel and cut into ½-inch-wide slices.
2. In large bowl, whisk together lemon juice, oil and salt. Add roasted peppers, chickpeas, tomatoes, onion and parsley, and toss to combine. Let stand 30 minutes to develop flavors.
3. Add arugula and toss gently. Serve immediately, with feta sprinkled on top.

Makes 6 servings

Per serving: 296 calories, 16 g fat, 29 g carbohydrates (5.4 g fiber), 11 g protein, 998 mg sodium