



citrus marinated chickpea salad

prep time: 15 min

cook time: 25 min

servings: 4

Ingredients:

- 2 14-ounce cans of chickpeas, rinsed and drained
- 1/2 cup extra virgin olive oil
- 1 teaspoon lemon zest
- 3 tablespoons fresh lemon juice
- 1 teaspoon orange zest
- 1/3 cup fresh orange juice
- 3 garlic cloves, smashed and peeled
- 3 sprigs of fresh oregano
- 1/4 teaspoon red pepper flakes (add more if you like it spicy)
- sea salt and ground pepper to taste

to add after cooking

- 1 14-ounce can of artichoke hearts, grilled or marinated (see notes below)
- 1/2 cup crumbled feta

toppings

- orange slices, peeled with thin skin removed
- 2 tablespoons of pumpkin seeds

Directions:

1. In a medium pot combine chickpeas, olive oil, lemon zest, lemon juice, orange zest, orange juice, garlic, oregano, and red pepper flakes.
2. Bring mixture to a simmer over medium-low heat and cook, stirring occasionally, until the garlic is tender for about 20 minutes.
3. Season to taste with salt and pepper. Let cool for 10 minutes before transferring to a large serving bowl. Mix in the artichoke hearts and crumbled feta.
4. Garnish with orange slices and pumpkin seeds. Serve warm or at room temperature.

Notes: the artichoke hearts may also be purchased in jars or in vacuum-sealed packs found in the fridge sections of grocery stores.

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