



Elliott Evans Nutrition, LLC
Prevent and Protect
Jan Elliott Evans, PhD, RD, CNSD
Registered Dietitian
drevans@ub-well.com
www.ub-well.com
(804) 339-3200

TOASTED CHICKPEA AND APRICOT SALAD

EATINGWELL.COM – JULY/AUGUST 2011

Serves 4

- 3 cups cooked or canned chickpeas, rinsed, drained, and patted dry**
- 2 teaspoons ground cumin**
- 1 teaspoon ground coriander**
- ¼ cup olive oil, divided**
- 1 teaspoon grated orange rind**
- 1½ tablespoons white wine**
- 1½ tablespoons fresh orange juice**
- ¼ teaspoon kosher salt**
- ¼ teaspoon freshly ground black pepper**
- ½ cup thinly vertically sliced red onion**
- 4 large apricots, pitted and sliced**
- 4 cups baby arugula leaves**
- ½ cup (2 ounces) crumbled feta cheese**

- **Preheat oven to 450.**
- **Combine first 3 ingredients in a roasting pan, and drizzle with 2 tablespoons oil, shaking pan to coat beans. Roast at 450 for 20 minutes, stirring once.**
- **Combine remaining 2 tablespoons oil, rind, vinegar, juice, salt, and pepper in a large bowl, stirring with a whisk. Stir in onion and apricots, tossing gently to coat.**
- **Add warm beans and arugula, tossing to combine.**
- **Sprinkle with cheese and serve.**