



Columbia Grain™

CULTIVATING GROWTH™

RECIPE

Baked Feta with Chickpeas

Bursting with freshness and flavor, this easy Mediterranean appetizer features feta, cherry tomatoes, herbs, and protein-packed chickpeas.







INGREDIENTS

- 8 ounces block feta
- 4 cups cherry or grape tomatoes
- 30 ounces drained and rinsed canned chickpeas
- 2 thinly sliced garlic cloves
- ½ tsp sea salt
- ½ tsp black pepper
- ½ cup olive oil
- 2 tbsp chopped fresh parsley
- 2 tbsp chopped fresh basil
- toasted pita or crackers, for serving

INSTRUCTIONS

1. Preheat oven to 400F.
2. Place feta in the middle of a 9x13 baking dish. Add cherry tomatoes and chickpeas around feta and sprinkle with chopped garlic, sea salt, and black pepper. Drizzle everything with olive oil.
3. Roast for 20 minutes, or until tomatoes begin to burst.
4. Turn oven to broil function and broil on high for 5-7 minutes, or until feta starts to brown and gets slightly bubbly. Remove from oven.
5. Sprinkle with fresh herbs.

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