

Mediterranean Grain Bowl

Spring time calls for colorful plates of veggies and fruit. You can easily color your plate with various high calorie recipes. One popular entre out on the market is a nutrient packed grain bowl. Below is a quick and easy vegetarian version of a grain bowl that you can make for you or for the entire family. For kid friendly versions, you can add sliced salami and use mozzarella cheese in place of the feta cheese if desired. This also tastes delicious with meat or fish of your choice. Have fun coloring your plate and enjoy the freshness as it hits your taste buds!

Ingredients:

- 1 cup cooked quinoa
- 1 tablespoon olive oil
- ¼ cup red onion, diced
- 1 cup cucumber, chopped
- 1 cup cherry tomatoes, halved
- 12 Kalamata olives
- 1 cup chickpeas, rinsed
- ½ cup full fat feta cheese, crumbled
- ½ cup full fat Greek yogurt, plain
- 1 teaspoon dill weed
- 1 clove minced garlic
- 1 teaspoon fresh lemon juice
- ½ teaspoon salt
- ½ teaspoon pepper

Directions:

- Cook quinoa per instructions on package. Once cooked, add 1 tablespoon of the olive oil to cooked quinoa.
- Layer bottom of a bowl with half of the quinoa.
- Top quinoa with half of the following ingredients: red onions, cucumbers, cherry tomatoes, Kalamata olives, chickpeas, and feta cheese.
- Repeat with another bowl and set aside.
- In a separate small bowl, combine yogurt, minced garlic, dill, and lemon juice.
- Place a dollop (1 heaping tablespoon) of the yogurt mixture in the middle of each bowl, sprinkle with salt and pepper to taste.
- Drizzle ½ tablespoon of olive oil on each bowl.
- Eat and enjoy!

Nutrition Facts:

2 Servings

590 calories per serving

Fat: 35 g

Sodium: 1660 mg

Carbs: 49 g

Protein: 22 g