

Mediterranean Bowls



INGREDIENTS

1 cup cooked quinoa

2 cups chicken broth

1 jar of pitted kalamata olives

1 pint cherry tomatoes

1 (4oz) container of feta cheese

1 cucumber (quartered and diced)

1 can of garbanzo beans (chick peas)

1 container of hummus - I used the Tribe Mediterranean Style hummus

1 avocado

a drizzle of greek vinaigrette salad dressing

- Start by cooking your quinoa - (follow the cooking instructions on the bag for this) It is generally a 2:1 ratio (1 c. quinoa and 2 c. chicken broth)
- Next chop up your cucumber (quartered and sliced), avocados, cherry tomatoes (halved) and parsley (for garnish)
- Arrange the chopped veggies, a handful of chick peas, kalamata olives, feta cheese and hummus around your bowl leaving some space for the quinoa
- Add quinoa to bowl
- Drizzle with greek vinaigrette salad dressing and garnish with fresh parsley