



# GREEK CHICKPEA BOWL



1 SERVING



30 MINS

CALORIES  
421

PROTEIN  
14G

FATS  
10G

CARBS  
73G

## INGREDIENTS

- 1 cup cooked bulgur wheat
- $\frac{3}{4}$  cup seasoned chickpeas
- $\frac{1}{4}$  cup diced cucumber
- $\frac{1}{4}$  cup cherry tomatoes, halved
- 2 tablespoons diced red onion
- 2 tablespoons kalamata olives
- 2 tablespoons tzatziki sauce
- Fresh dill and lemon wedge for garnish

## METHOD

1. Season chickpeas with olive oil, oregano, garlic powder, salt, and pepper.
2. Arrange cooked bulgur wheat as the base in your bowl, then top with seasoned chickpeas, cucumber, tomatoes, red onion, and olives.
3. Add a dollop of tzatziki sauce and garnish with fresh dill and a lemon wedge.

**Pro Tip:** For extra flavor and texture, roast the seasoned chickpeas at 400°F for 20 minutes until crispy. Make a dairy-free tzatziki with coconut yogurt for a vegan version.