



MEDITERRANEAN QUINOA POWER BOWL



1 SERVINGS



25 MINS

CALORIES
594

PROTEIN
15G

FATS
25G

CARBS
73G

INGREDIENTS

- 1 cup cooked quinoa
- ½ cup chickpeas
- ¼ cup diced cucumber
- ¼ cup cherry tomatoes
- ¼ cup diced red onion
- 2 tablespoons kalamata olives
- 2 tablespoons tahini dressing
- Fresh parsley for garnish

METHOD

1. Cook the quinoa according to the package instructions and let it cool slightly.
2. Arrange quinoa as the base in your bowl, then top with chickpeas, cucumber, tomatoes, red onion, and olives.
3. Drizzle with tahini dressing and garnish with fresh parsley.

Pro Tip: Make a large batch of quinoa at the beginning of the week to use in multiple bowls. The tahini dressing can be stored in the refrigerator for up to 10 days.