

Mediterranean Buddha Bowl

12 ingredients · 10 minutes · 4 servings



Directions

1. Cook the quinoa according to the directions on the package, and set aside.
2. Divide the chopped romaine equally between serving bowls or plates. Top with equal amounts of quinoa, chickpeas, cucumber, red bell pepper, red onion, hummus and olives.
3. Add the olive oil, apple cider vinegar, Italian seasoning and sea salt to a jar. Seal and shake well to combine.
4. Drizzle the dressing over top of the assembled buddha bowls and serve immediately. Enjoy!

Notes

No Hummus

Use tzatziki instead.

More Protein

Top with crumbled feta cheese or cooked chicken breast.

Prep Ahead

All ingredients can be chopped and prepared in advance. Assemble bowls when ready to eat.

More Flavour

Serve with a lemon wedge and black pepper.

Ingredients

- 170 grams** Quinoa (dry, uncooked)
- 1 head** Romaine Hearts (chopped)
- 164 grams** Chickpeas (cooked, from the can)
- 1** Cucumber (chopped)
- 1** Red Bell Pepper (chopped)
- 80 grams** Red Onion (finely chopped)
- 123 grams** Hummus
- 67 grams** Pitted Kalamata Olives
- 59 milliliters** Extra Virgin Olive Oil
- 44 milliliters** Apple Cider Vinegar
- 500 milligrams** Italian Seasoning
- 750 milligrams** Sea Salt