

# ZA'ATAR VEGGIE BOWL



(Gluten-Free, Egg-Free, Vegetarian)

**Yield:** 4 servings    **Total time:** 45 minutes

## D'LISH

### Ingredients

- 8-10 baby carrots, trimmed
- 1 red onion, chopped
- 1 bell pepper, chopped
- 1, 15 ounce can chickpeas, drained and rinsed
- 2 tbsp olive oil
- 1 tbsp Za'atar spice
- 1/2 tsp black pepper
- 1 lemon, squeezed and zested
- 2 cups kale, chopped
- 1 cup low-fat Greek yogurt
- 2 cups brown rice, cooked
- 1/4 cup chopped unsalted nuts
- Fresh herbs, chopped (optional)

### Directions

1. **Prep ingredients:** Preheat oven to 425°F. Line a large sheet pan with foil and spray with nonstick cooking spray or olive oil. Trim carrots and chop onion and bell pepper. Drain chickpeas in colander and rinse with water. Dry chickpeas gently with a paper towel.
2. **Roast veggies & chickpeas:** Place carrots, onion, peppers and chickpeas on the prepped baking sheet. Drizzle with 1 tbsp olive oil, Za'atar and black pepper. Roast for 30 minutes until vegetables are crisp-tender.
3. **While veggies are roasting:** Prepare brown rice according to package directions. Then, chop kale and place in a medium sized bowl. Dress with 1 tbsp olive oil, lemon juice and zest. Mix cooked brown rice in medium bowl with kale. Transfer kale and rice mixture into 4 serving bowls.

### Grocery List

- Baby carrots
- Onion
- Bell Pepper
- Chickpeas
- Olive oil
- Spices: Za'atar & black pepper
- Lemon
- Kale
- Greek yogurt
- Brown rice
- Chopped nuts
- Fresh herbs

### Kitchen Equipment

- Cutting board
- Chef's knife
- Measuring cups and spoons
- Can opener
- Colander
- Baking sheet
- Microplane
- Medium bowl
- 4 serving bowls
- Spatula

4. **Once veggies are ready:** Remove from oven and transfer among the 4 serving bowls. Top with Greek yogurt, nuts and fresh herbs.

**Per serving:** Calories 339; Total Fat 13g; Saturated Fat 2g; Sodium 73mg;  
Total Carbohydrates 44g; Fiber 8g; Protein 13g

## Nutrition Information

- Za'atar is a Middle Eastern spice made from a blend of savory dried herbs, like oregano or thyme and toasted earthy spices like cumin and coriander, with sesame seeds, salt and sumac. Sumac gives it a delicious tanginess that is the secret ingredient to any za'atar seasoning.
- Za'atar is very versatile. Traditionally, it is often baked into flatbreads, mixed with olive oil or tahini to make dips, tossed into salads, rubbed onto meat, or sprinkled over hummus.
- Za'atar seasoning on fibrous vegetables can have many health benefits. The combination of flavonoids, vitamins and minerals with the spicy seed mixture can aid in improving immune support, boost skin health, soothe inflammation, boost energy, support blood sugar control and prevent chronic disease.

## Notes