



Chickpea Grain Bowl

Plant-Based • Fiber-Rich • Meal Prep Friendly



Ingredients (Serves 2):

For the Bowl:

- 1 cup cooked quinoa (or brown rice)
- 1 cup canned chickpeas, drained and rinsed
- ½ cup cherry tomatoes, halved
- ½ cucumber, diced
- ¼ red onion, finely chopped
- ¼ cup Kalamata olives, sliced
- ¼ cup hummus (for topping)
- 1 tablespoon extra virgin olive oil
- Salt & pepper to taste

Optional Add-Ons:

- Avocado slices
- Roasted sweet potatoes
- Fresh parsley or mint

For the Lemon-Tahini Dressing:

- 2 tablespoons tahini
- 1 tablespoon fresh lemon juice

- 1 tablespoon water (more to thin)
- ½ teaspoon garlic powder
- Pinch of salt



Instructions:

1. Whisk together dressing ingredients in a small bowl until smooth. Set aside.
2. In two bowls, divide quinoa as the base.
3. Arrange chickpeas, tomatoes, cucumber, onion, and olives in sections.
4. Drizzle with olive oil and season with salt and pepper.
5. Add a dollop of hummus and drizzle dressing over the top.
6. Garnish with fresh herbs and any optional toppings.



Nutritional Highlights (per bowl):

- Calories: 420
- Protein: 15g
- Fiber: 11g
- Healthy Fats: 14g
- Iron: 25% DV



