



Mediterranean Roasted Veggie & Hummus Bowl

Servings: 2–3

Prep Time: 10 minutes

Cook Time: 25 minutes



Ingredients:

- 1 small eggplant, diced
- 1 zucchini, diced
- 1 red bell pepper, chopped
- 1/2 red onion, sliced
- 2 tbsp olive oil
- 1 tsp dried oregano
- 1/2 tsp garlic powder
- Salt & pepper to taste

For the bowl base:

- 1 cup cooked quinoa, couscous, or brown rice
- 1/2 cup hummus
- 1/4 cup chopped cucumber
- 1/4 cup cherry tomatoes, halved
- 2 tbsp crumbled feta (optional)
- 2 tbsp chopped parsley or mint
- Lemon wedges, for serving



Instructions:

1. **Preheat oven** to 425°F (220°C).
2. **Roast veggies:**
Toss eggplant, zucchini, bell pepper, and onion in olive oil, oregano, garlic powder, salt, and pepper. Spread on a baking sheet and roast for 20–25 minutes, stirring halfway, until golden and tender.
3. **Assemble bowls:**
Divide cooked quinoa (or your grain of choice) into bowls. Top with a generous dollop of hummus, roasted veggies, cucumber, cherry tomatoes, feta (if using), and fresh herbs.
4. **Finish and serve:**
Squeeze lemon over the top before serving. Drizzle with extra olive oil or tahini if desired.

