



Mediterranean Goddess Bowl

4 servings

25 minutes

Ingredients

1 cup Quinoa (uncooked)
1 1/2 cups Water
4 cups Baby Spinach
1 tbsp Tahini
1/4 cup Extra Virgin Olive Oil
1/2 tsp Oregano
1/2 tsp Black Pepper
1/2 Lemon (juiced)
1 Tomato (diced)
1/4 cup Red Onion (finely diced)
1 Cucumber (diced)
1/2 cup Parsley (finely chopped)
1 cup Hummus
1 tbsp Chili Powder

Directions

- 1 Combine quinoa and water in a saucepan and place over high heat. Bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from the heat, fluff with a fork and set aside.
- 2 Optional Step: Place a frying pan over medium heat and add a splash of oil. Add spinach and saute just until wilted. Remove from heat and set aside. (Note: You can skip this step and add the spinach in raw if you prefer.)
- 3 In a jar, combine tahini, olive oil, oregano, black pepper and lemon juice. Shake well to mix and set aside.
- 4 Divide quinoa between bowls, top with sauteed spinach, tomato, red onion, cucumber and parsley. Top with a large spoonful of hummus and sprinkle the hummus with chili powder. Drizzle with desired amount of dressing. Enjoy!

Nutrition

Amount per serving	
Calories	482
Fat	30g
Saturated	4g
Polyunsaturated	9g
Monounsaturated	15g
Carbs	45g
Fiber	9g
Sugar	3g
Protein	14g

Notes

On-the-Go, Layer all ingredients into a mason jar with the hummus and dressing on the bottom to create a portable mason jar salad.