

# Mediterranean Grain Bowl



Yield: 4 Servings



## Ingredients:

### Cooking the Grain

Whole grain (like farro or quinoa) .....	$\frac{2}{3}$ cup	160 mL
Broth (low sodium) or water .....	$2 \frac{1}{3}$ cups	580 mL

### Dressing the Vegetables

Mini cucumbers, chopped .....	3	
Cherry tomatoes, chopped .....	2 cups	475 mL
Bell pepper, diced .....	1	
Red onion, finely chopped .....	$\frac{1}{4}$ cup	60 mL
Oregano, dried .....	2 tsp	10 mL
Salt .....	$\frac{1}{4}$ tsp	1 mL
Cider vinegar .....	2 tbsp	30 mL
Olive oil .....	2 tbsp	30 mL

### Optional Toppings

Avocado, diced .....	1	
Kalamata olives, pitted and sliced .....	$\frac{1}{2}$ cup	125 mL
Feta, crumbled .....	$\frac{2}{3}$ cup	150 mL
Tzatziki or hummus .....	$\frac{1}{2}$ cup	125 mL
Chick peas, roasted .....	1 cup	250 mL
Lemon, zest & juice .....	1	

## Instructions:

1. Combine grain and water in a medium pot.
2. Over medium high heat, bring to a boil.
3. Reduce to a simmer. Cover and cook until tender.
4. Remove from heat and drain any excess liquid. Set aside to cool.
5. Combine cucumbers, tomatoes, pepper, onion, oil, vinegar, oregano and salt in a large bowl.
6. To serve: divide cooked grain between 4 bowls. Top with vegetable mixture and additional toppings (chick peas, avocado, feta, olives, and hummus or tzatziki).

## Culinary Notes:

- This versatile grain bowl works well with a variety of veggies and spice or herb combinations. Try it as a warm dish with steamed or roasted vegetables.
- To boost the protein and add omega 3's to this bowl, top with grilled or canned salmon, canned smoked herring or another type of fish.