

Mediterranean Grain Bowl

Mediterranean · Main Course · Easy · 30 min total · Serves 4

Reliable weeknight mediterranean grain bowl with balanced flavors.

Ingredients

- 1 tbsp quinoa
- 2 cup chickpeas
- 3 tbsp cucumber
- 1 cup feta
- 2 tbsp olives
- 3 cup lemon

Method

1. Prep ingredients.
2. Cook main protein or base.
3. Combine with aromatics and sauce.
4. Season and serve.

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