Mediterranean walking buddha bowl

COOK TIME	1.5 min
PREP TIME	5 min
MAKES	2 servings

You can heat the rice and lightly steam the veggies to perfection at the same time, right in the pouch with this neat technique that takes advantage of the SEEDS OF CHANGE™ microwavable pouch of organic rice.

INGREDIENTS

- 1 package of SEEDS OF CHANGE™ Organic Quinoa & Brown Rice
- 1/4 cup carrot, shredded
- 2 Tbsp. lemon Tahini salad dressing
- 2 Tbsp. green onion, sliced
- 1/4 cup canned chickpeas, drained
- 1/2 cup baby spinach
- 1 Tbsp. pine nuts
- 2 Tbsp. feta cheese, crumbled

DIRECTIONS

1. Massage the pouch to loosen grains of rice and then tear the top of rice pouch completely off.
2. Add to the pouch of rice the chickpeas, carrot, and spinach.
3. Microwave for 90 seconds. Carefully remove from the microwave, stir the contents of the pouch to combine and divide between two bowls.
4. Top each bowl with dressing, pine nuts and then the green onion and feta cheese and enjoy!

NUTRITION INFO

Column 1	Column 2
Servings	2
Calories (per serving)	290
Total Fat	7g
Saturated Fat	1g
Trans Fat	0g
Total Fat % DV	11%
Saturated Fat % DV	5%
Trans Fat % DV	0%
Cholesterol	0mg
Cholesterol % DV	0%
Sodium	560mg
Sodium % DV	23%
Total Carbohydrate	51g
Dietary Fiber	3g
Sugars	3g
Total Carbohydrates % DV	17%
Dietary Fiber % DV	12%
Protein	9g

You might also love...



Beet & whole grain salad with arugula & pistachios

Cook time

25 min

Prep time

15 min



Smoky almond orange salad

Cook time

0 min

Prep time

15 min



Savory baby bok choy with quinoa & brown rice

Cook time

7 min

Prep time

3 min

Thai lettuce wraps with sticky cashews

Cook time

5 min

Prep time

15 min

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