



Mediterranean board
RECIPE

Mediterranean board



COOK TIME 15 min
PREP TIME 15 min
MAKES 4 servings

This delicious, shareable Mediterranean Board is a simple and easy way to impress family and dinner guests alike. Enjoy it with our slightly nutty, good-for-you Brown Basmati Rice.

INGREDIENTS

- 1 package of SEEDS OF CHANGE™ Brown Basmati Rice
- Chickpeas
- 1 TBSP Olive oil
- 1 lemon
- Parsley
- Dill
- Salt & pepper to taste
- Feta
- Lettuce
- Tomato, sliced
- Olives
- Cucumbers, sliced
- Mini bell peppers, sliced
- Jarred marinated artichokes
- Hummus
- Tzatziki sauce
- Pita, quartered

DIRECTIONS

1. Toss chickpeas in a bowl with a little olive oil, chopped herbs, and season to taste.
2. Microwave SEEDS OF CHANGE Brown Basmati rice per package instructions.
3. Place rice, chickpeas, tzatziki , brown rice, hummus and olives into individual bowls.
4. Add all of the veggies, pita and bowls to board. Enjoy!

You might also love...



[Salmon rice chowder](#)

Cook time

40 min

Prep time

5 min



[Roasted brussels sprouts with whole grains and fruit](#)

Cook time

20 min

Prep time

10 min



[Mushroom risotto style rice & grains](#)

Cook time

5 min

Prep time

15 min



[Whole grains 'n cheese](#)

Cook time

0 min

Prep time

10 min

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