Chicken Mezza Bowl
RECIPE

Chicken Mezza Bowl

COOK TIME	1.5 minutes
PREP TIME	5 min
MAKES	1 servings

SEEDS OF CHANGE™ Organic Quinoa & Brown Rice with Garlic & Lentils makes the perfect base to build this flavorful and nourishing Mediterranean style Mezze Bowl. The savory and hearty blend of whole grains with lentils highlights the freshness of the vegetables and yummy toppings. Try this quick, easy and delicious, healthy meal tonight!

INGREDIENTS

- 1 pouch of SEEDS OF CHANGE™ Organic Quinoa & Brown Rice with Garlic & Lentils
- 1/2 cup rotisserie chicken, shredded
- 1 cup romaine lettuce, chopped
- 1/4 cup cucumbers, chopped
- 1/4 cup tomatoes, chopped
- 2 Tbsp. cup feta cheese, crumbled
- 2 Tbsp. hummus
- 2 Tbsp. tzatziki
- 1 lemon wedge
- 1 Tbsp. Flat leaf parsley, chopped

DIRECTIONS

1. Heat SEEDS OF CHANGE™ Organic Quinoa & Brown Rice with Garlic & Lentils according to pouch instructions.
2. Add grains to one side of a wide bowl, then arrange all other ingredients in the bowl and enjoy with a squeeze of lemon.

NUTRITION INFO

Nutrient	Amount Per Serving
Calories	754
Total Fat	23 g
Saturated Fat	8g
Trans Fat	0 g
Cholesterol	75 mg
Sodium	1,449 mg
Total Carbohydrate	96g
Dietary Fiber	13 g
Total Sugars	4g
Includes Added Sugars	0 g
Protein	40 g

MORE RECIPES

Sweet Garlic & Onion Chicken (Cook In Pouch Recipe!)

Cook time

1.5 minutes

Prep time

1 min

VIP Salad

Cook time

18 minutes

Prep time

5 min

Cowboy Caviar Jar

Cook time

0 minutes

Prep time

10 min

Pulled Chicken & Slaw

Cook time

4-6 hours in clow cooker

Prep time

15 min

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