

# MEDITERRANEAN QUINOA POWER BOWL

**Prep Time:** 15 minutes

**Cook Time:** 15 minutes

**Servings:** 2

## Ingredients

- 1 cup cooked quinoa
- 1 cup chickpeas, rinsed and drained
- 1 cup chopped cucumber
- 1 cup cherry tomatoes, halved
- 1/2 cup chopped red bell pepper
- 1/4 cup finely chopped red onion
- 2 cups baby spinach or arugula
- 1/2 avocado, sliced
- 2 tablespoons pumpkin seeds
- 2 tablespoons chopped parsley
- 2 tablespoons hummus, optional

## Lemon-Tahini Dressing

- 2 tablespoons tahini
- Juice of 1 lemon
- 1 teaspoon extra-virgin olive oil
- 1 small garlic clove, minced
- 1–2 tablespoons water, as needed
- Pinch of sea salt
- Black pepper, to taste

## Instructions

Divide the spinach or arugula between two bowls.

Top with cooked quinoa, chickpeas, cucumber, tomatoes, bell pepper, red onion, avocado, pumpkin seeds, and parsley.

In a small bowl, whisk together the tahini, lemon juice, olive oil, garlic, salt, and pepper.

Add water a little at a time until the dressing reaches your preferred consistency.

Drizzle the dressing over the bowls and add a spoonful of hummus if desired.

Serve immediately or refrigerate the ingredients separately for an easy make-ahead lunch.

This bowl combines **fiber-rich whole grains, plant protein, healthy fats, leafy greens, and antioxidant-rich vegetables** for a balanced meal that supports heart health, digestion, and steady energy.