

Mediterranean Quinoa Power Bowl

Ingredients

- Cooked quinoa (I buy the in microwavable bags)
- Hummus
- Rotisserie chicken
- Cherry tomatoes, halved
- Cucumber, diced
- Red onion, thinly sliced
- Kalamata olives, pitted and sliced
- Feta cheese, crumbled
- Chopped kale
- Fresh parsley, chopped
- Fresh lemon juice, olive oil, salt and pepper

Directions

1. Assemble a base of cooked quinoa in a bowl.
2. Top with chickpeas
3. Arrange cherry tomatoes, cucumber, red onion, kale and Kalamata olives on top.
4. Sprinkle crumbled feta cheese and fresh parsley over the bowl.
5. Drizzle with olive oil, lemon juice, salt and pepper
6. Toss gently and enjoy!

MADE WITH LOVE

by Teresa Forchard