

# MEDITERRANEAN BOWL

Servings: 4

Time: 30 minutes

## INGREDIENTS:

- 1 cup quinoa, cooked to package directions
- 1 medium eggplant, cubed
- 1 package (~15) cherry tomatoes
- ~2 Tablespoons avocado oil
- 1 head romaine lettuce, chopped
- 1 cucumber, diced
- ½ cup pitted kalamata olives
- Garbanzo beans (optional)
- Hummus
- Fresh cilantro, parsley, and/or dill

## roasted red bell pepper sauce

- 16 oz. jar roasted bell peppers
- 1/3 cup extra virgin olive oil
- 1 lemon, juiced
- 2 garlic cloves
- Dash sea salt

*optional topping ideas: feta cheese, additional roasted red pepper, avocado, pumpkin seeds.*

*optional protein add-on: salmon or lemon chicken*

## DIRECTIONS:

Preheat oven to 350F

Cook quinoa (or grain of choice) to package directions.

Chop eggplant. Toss in avocado oil and lay flat on baking sheet. Place in oven and check after 10 minutes, adding tomatoes and flipping eggplant to brown and cook evenly. Cook an additional ~10 minutes.

Meanwhile, prepare roasted red pepper sauce: combine ingredients in high-powered blender, mixing until you reach desired consistency. Can be made ahead.

Prepare remaining ingredients and toppings, making a “bar” for people to choose from, or composing the bowls individually. Can be arranged in Tupperware if you are saving for future meals.

Remove eggplant and tomatoes from oven and sprinkle with Maldon salt.

Compose your bowl(s), topping with hummus and red bell pepper sauce, herbs, and pumpkin seeds.

