



Mediterranean Quinoa Power Bowl

Description

Ingredients

- 1 cup quinoa, rinsed and cooked
- 1 lb chicken breast, grilled and sliced
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- 1/2 red onion, thinly sliced
- 1/2 cup Kalamata olives, pitted and sliced
- 1/2 cup feta cheese, crumbled
- 1/4 cup fresh parsley, chopped
- 1/4 cup extra-virgin olive oil
- 2 tablespoons balsamic vinegar
- 1 teaspoon dried oregano
- Salt and pepper to taste
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Execution

1

Cook the Quinoa: Rinse the quinoa under cold water and cook it according to package instructions. Once cooked, fluff it with a fork and let it cool to room temperature.

2

Grill the Chicken: Season the chicken breast with salt, pepper, and dried oregano. Grill until fully cooked, then slice it into thin strips.

3

Prepare the Vegetables: In a large mixing bowl, combine the halved cherry tomatoes, diced cucumber, thinly sliced red onion, Kalamata olives, and chopped fresh parsley.

4

Assemble the Bowl: In individual serving bowls, layer the cooked quinoa, grilled chicken slices, and the vegetable mixture.

5

Add Feta Cheese: Sprinkle crumbled feta cheese over each bowl, distributing it evenly.

6

Make the Dressing: In a small bowl, whisk together extra-virgin olive oil, balsamic vinegar, salt, and pepper. Drizzle the dressing over each bowl.

7

Toss and Garnish: Gently toss the ingredients in each bowl to combine flavors. Garnish with additional fresh parsley and serve with lemon wedges on the side.

8

Serve and Enjoy: Serve immediately, and enjoy the burst of Mediterranean flavors in every bite.

Additional tips

- Customize the bowl by adding grilled vegetables or your favorite Mediterranean ingredients.
- For a vegetarian version, replace chicken with grilled tofu or chickpeas.

- Make the dish ahead of time and refrigerate, allowing the flavors to meld for an even tastier experience.

Date

2024/12/23

Meta Fields

Total Time : 35 min

Servings : 4

Prep Time : 15 min

Difficulty : Easy

Cooking Time : 20 min

Recipe Desc : Indulge in the vibrant flavors of the Mediterranean with this Quinoa Power Bowl. Packed with protein, fresh vegetables, and the distinctive taste of feta, this dish is not only delicious but also a nutritious powerhouse.

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