

Mediterranean Bowl

Ingredients for Life

This Mediterranean Bowl is perfect for meal prep. Utilize already cooked brown rice to throw this lunch or dinner together quickly. Make extra dressing and store it in the fridge for next time.

Serves 1 **Serving size:** 1 bowl **Prep time:** 5 minutes **Cook time:** 0 minutes if using already cooked rice **Total time:** 5 minutes

Ingredients

- 1½ cups brown rice
 - 1 cup fresh spinach, roughly chopped
 - ½ cup broccoli, roughly chopped
 - ½ cup cherry tomatoes, sliced in half
 - ½ cup garbanzo beans, drained and rinsed
 - Lemon slices to garnish, optional
- Lemon Oregano Vinaigrette**
- 1 Tablespoon lemon juice
 - 1 Tablespoon olive juice
 - 1 teaspoon dried oregano
 - Salt and pepper



Directions

1. Measure cooked brown rice and place into a medium to large size bowl.
 - *If rice is not cooked, cook according to package directions.*
2. Wash and rinse spinach, broccoli, and cherry tomatoes. Chop or slice vegetables to your preference. Place on top of brown rice.
3. Drain and rinse a can of garbanzo beans. Place ½ cup on top of brown rice and vegetable mixture.
4. In a small bowl, combine vinaigrette ingredients. Whisk together with a fork. Drizzle all over brown rice, vegetables, and beans.
5. Toss to combine. Add lemon slices as garnish (optional).

Nutrition Facts

Serves 1	
Serving size	1 bowl (595g)
Amount per serving	
Calories	621
% Daily Value*	
Total Fat 19g	30%
Saturated Fat 3g	14%
Trans Fat 1g	
Cholesterol 1mg	0%
Sodium 513mg	21%
Total Carbohydrate 93g	31%
Dietary Fiber 15g	59%
Total Sugars 5g	
Protein 18g	36%
Vitamin D 0mcg	0%
Calcium 167mg	17%
Iron 6mg	30%
Potassium 664mg	19%
Phosphorus 393mg	39%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.