

# 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.

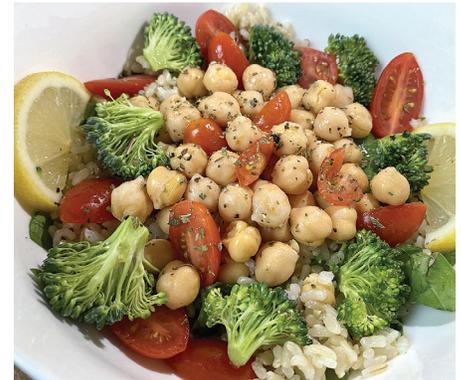
**Serves 1** **Serving size:** 1 bowl **Prep time:** 5 minutes **Cook time:** 0 minutes if using already cooked rice **Total time:** 5 minutes

## 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	
<b>Serving size</b>	<b>1 bowl (595g)</b>
Amount per serving	
<b>Calories</b>	<b>621</b>
% Daily Value*	
<b>Total Fat</b> 19g	<b>30%</b>
Saturated Fat 3g	<b>14%</b>
Trans Fat 1g	
<b>Cholesterol</b> 1mg	<b>0%</b>
<b>Sodium</b> 513mg	<b>21%</b>
<b>Total Carbohydrate</b> 93g	<b>31%</b>
Dietary Fiber 15g	<b>59%</b>
Total Sugars 5g	
<b>Protein</b> 18g	<b>36%</b>
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.