

Mediterranean Grain Bowl



Time & Servings

TOTAL TIME: 1 hour **Prep:** 15 min **Cook:** 45 min **Servings:** 2

Ingredients

FOR THE BOWL:

- ¼ cup brown rice, uncooked
- ¼ cup quinoa, uncooked
- ½ cup cherry tomatoes, halved
- ½ English cucumber, diced
- ½ can garbanzo beans
- ¼ cup Kalamata olives, sliced

FOR THE TZATZIKI SAUCE:

- ½ English cucumber, peeled
- ½ cup plain Greek yogurt
- 1 Tbsp lemon juice
- 2 cloves garlic
- ¼ tsp dried dill
- ¼ tsp each salt & pepper

Directions

1. Cook rice and quinoa according to package directions.
2. While the rice is cooking, prepare toppings.
3. Finely shred the peeled cucumber half into a small bowl. Then, strain out the water from the finely shredded cucumber.
4. In a small bowl, combine all sauce ingredients and whisk together.
5. To serve: Place half of the rice and quinoa mixture in a bowl. Add toppings, then drizzle the tzatziki sauce over the top. Enjoy!