



## Mediterranean Quinoa Salad Bowl

This Mediterranean Quinoa Salad Bowl is loaded with delicious and filling veggies, topped with creamy hummus, and comes together in just 25 minutes!

### Ingredients

2 cup	Quinoa, cooked
1 cup	Cucumber (English; chopped)
1 cup	Tomato (fresh; diced)
2 tbsp	Extra virgin olive oil
1 clove(s)	Garlic (minced)
1/2 tsp	Oregano, dried
1 dash	Black pepper
1 pinch	Salt
1 can (15oz)	Chickpeas, canned, drained (rinsed)
2 cup	Baby spinach
1/2 cup	Feta cheese (or store-bought vegan)
1/2 cup	Olives (chopped)
4 tbsp	Red onion
4 tbsp	Hummus
4 tbsp	Tzatziki sauce (optional)
4 tsp	Parsley, fresh (chopped)
1 fruit	Lime (wedges for serving)

### Instructions

1. Cook the quinoa according to package directions, about 15 minutes.
2. In a bowl, combine the diced tomatoes, cucumbers with olive oil, oregano, garlic, salt, and pepper. Set aside to blend the flavours.
3. To serve, spoon the cooked quinoa into the bottom of a bowl. Arrange the chickpeas, spinach, cucumber-tomato salad, feta, olives, and red onion around the edge of the bowl. In the center, spoon the hummus and Tzatziki. Top with fresh parsley and garnish with the lime wedge.