

MEDITERRANEAN BOWL

Serves: 2

INGREDIENTS

- 1 can Chickpeas/Garbanzo Beans
- 1 Lemon
- 2 tsp. Salt
- 1 Tbsp. Sweet Paprika
- 2 tsp. Garlic Powder
- 1 tsp. Onion Powder
- 2 tsp. Oregano
- 1/2 cup Red Onions
- 1 Red Bell Pepper
- 2 cups Mushrooms
- 1/4 cup Hummus
- 1 Whole Grain Pita
- 2 cups Romaine Lettuce or Baby Spinach
- 1 Cucumber

NUTRITIONAL INFORMATION

Per serving

CALORIES 426

PROTEIN 18g

FAT 9g

FIBER 17g



INSTRUCTIONS

1. Make the roasted chickpeas: Preheat oven to 400 F. Drain the canned chickpeas being careful to reserve 2 Tbsp. of the chickpea canning liquid. Place chickpeas on a towel and pat until very dry. Line a baking sheet with parchment or a silicone mat. Place dried chickpeas on the prepared baking sheet and roast for 25 minutes.
2. Meanwhile, in a small bowl, combine canning liquid, lemon juice, salt, garlic powder, onion powder, paprika and oregano. Once 25 minutes is up, remove chickpeas from oven and toss into bowl with liquid and spices coating evenly.
3. Put half-baked chickpeas back onto the baking sheet and into the oven for another 15 minutes until brown and crispy. When time is up, remove from oven and let cool.
4. Sauté mushrooms in 2 Tbsp. water until just softened.
5. Finely chop the parsley
6. Assemble the bowl by layering washed and chopped Romaine lettuce or baby spinach on the bottom, arranging diced red bell pepper, sauteed mushrooms, roasted chickpeas and hummus in centre of bowl. Top with chopped parsley and enjoy with sliced whole grain pita.



EatPlantJoy