

Mediterranean power bowls with lemony quinoa, crispy chickpeas and vegan tzatziki sauce

Serves 4

Ingredients

Tzatziki sauce

- 1 cup plain unsweetened non-dairy yogurt (I used soy yogurt)
- 2 tbsp. chopped fresh dill (1 tbsp. dried)
- ¼ tsp. salt
- ¼ tsp. garlic powder
- 1 tbsp. extra virgin olive oil
- 1 tbsp. red wine vinegar
- 1 medium cucumber, peeled, seeded, and shredded; after shredding, squeeze out as much liquid as possible

Quinoa

- 1.5 cups dry quinoa
- Zest of one lemon
- ¼ cup lemon juice
- 2 and ¾ cups water
- 1 tbsp. dried dill
- 2 tsp. dried oregano
- 1 tsp. ground cumin
- Salt and pepper to taste

Chickpeas

- Two 15-oz. cans chickpeas, rinsed and patted dry (try to get them as dry as possible)
- 1 tbsp. olive oil
- ½ tsp. ground cayenne
- 1.5 tsp. ground cumin
- ½ tsp. salt
- 1 tbsp. dried oregano

Veggies

- 1 tbsp. olive oil
- ½ medium red onion, sliced thin
- 1 tbsp. minced garlic
- 1 lb. broccoli cut into bite-sized florets
- 1 lb. carrots, cut into matchsticks about 1" long
- 2 tsp. ground cumin
- Cayenne and salt to taste
- ½ cup roughly chopped oil-marinated sun dried tomatoes
- 2 tbsp. red wine vinegar
- Sliced Kalamata olives, for serving



Directions

- 1) For the tzatziki sauce: stir together all ingredients until combined. Refrigerate until ready to eat.
- 2) For the quinoa: combine all ingredients in a medium saucepan. Bring to a boil, then simmer for about 20 minutes, or until tender and liquid has been absorbed.
- 3) For the crispy chickpeas: preheat the oven to 450 degrees. Combine all ingredients on a lightly greased baking sheet. Roast for about 25 minutes, stirring halfway through, until golden and crispy.
- 4) For the veggies: heat up the oil in a large sauté pan. Add onion, garlic, and cumin and cook over medium-high heat for about 2 minutes, or until softened. Add the broccoli, carrots, cayenne, salt, and sun dried tomatoes and cook over high heat for 5-10 minutes, or until veggies are golden. Add the vinegar, put on the lid, and cook for about 5 more minutes, or until all veggies are tender.
- 5) To serve: spoon quinoa into bowls. Top with veggies, chickpeas, tzatziki sauce, and olives and enjoy!