



Chickpea Quinoa Bowls

Quick Meal Card: Lunch

Ingredients

- 1 cup quinoa
- 2 15.5-oz cans chickpeas (aka garbanzo beans)
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons ground cumin
- 1 teaspoon chili powder
- 1 teaspoon ground coriander
- ½-¾ cup of plain nonfat Greek yogurt
- ½-1 14.5-oz can of petite diced tomatoes
- Lettuce or leafy green of choice
- 1 lemon
- 1 tablespoon diced cucumber (*optional*)
- 1 tablespoon hummus (*optional*)

Directions

1. Cook quinoa according to package instructions; add ½ cup quinoa to each serving bowl.
2. Drain and rinse chickpeas, then transfer to a large mixing bowl.
3. Toss chickpeas with oil, cumin, chili powder, and coriander and then add ~½ cup of chickpea mixture to each serving bowl.
4. Add 1-2 tablespoons of drained diced tomatoes and Greek yogurt to each bowl *Optional: Add 1-2 tablespoons diced cucumber/hummus per bowl.*
5. Add desired amount of lettuce or leafy green of choice.

Yield: 4 bowls