

Easy Grain Bowl Recipe

Ingredients

Total cost of initial ingredients: \$53.32

Cost of repeat ingredients: \$42.92 (quinoa, vegetable broth cubes, oregano, garlic powder, minced garlic, salt, lemon juice, olive oil, feta cheese, hummus, salad dressing)

Cost of vegetables: 13.67 (canned lentils, canned chickpeas, parsley, zucchini, cucumber, cherry tomatoes, red onion)

Ingredient	Amount	Price Per Package	Store
Quinoa	3 cups	\$9.47 for 1.8kg bag	Walmart
Canned lentils	1 can	\$1.47	Walmart
Canned chickpeas	1 can	\$1.47	Walmart
Vegetable broth cube	1 cube	\$2.47 for 6 cubes	Walmart
Oregano	½ teaspoon	\$1.00	Dollarama
Garlic powder	¼ teaspoon	\$1.00	Dollarama
Garlic (minced)	2 tablespoons	\$1.25 per jar	Dollarama
Salt	1 teaspoon	\$1.50 (salt and pepper)	Dollarama
Lemon juice	*to your preference	2 for \$1.25	Dollarama
Olive oil	4 tablespoons	\$5.97 per 1L bottle	Walmart
Parsley	½ cup	\$1.97 per bunch	Walmart
Zucchini	1 zucchini	\$1.00 for 1 zucchini	Walmart
Cucumber	1 cucumber	\$1.77 for 1 cucumber	Walmart
Cherry tomatoes	2 cups	\$3.97 for a large package	Walmart
Red onion	½ of red onion	\$2.02 for 3 red onions	Walmart
Feta cheese	*to your preference	\$8.97 for a large package	Walmart
Hummus	*to your preference	\$6.77 for 12 mini packages	Walmart
Greek salad dressing	*to your preference	\$3.27 per bottle	Walmart

Directions

1. Make the quinoa

- a. Add **3 cups of quinoa** and **2 cups of water** to a saucepan. Bring to a boil, then reduce the heat to low.
- b. Add **1 cube of vegetable broth**, **½ teaspoon of dried oregano**, **¼ teaspoon of garlic powder** and **½ teaspoon of salt** to the pan.
- c. Stir ingredients together.
- d. Simmer for 15-17 minutes with the lid on.
- e. Once cooked, turn off the heat and let sit with the lid on for 5 minutes, then fluff the quinoa with a fork.

2. Prepare the chickpeas and lentils

- a. Drain the canned chickpeas and lentils.
- b. Add **2 tablespoons of olive oil** to a skillet. Turn the heat to medium.
- c. Once hot, add **2 tablespoons of minced garlic** and saute for 1 minute until fragrant but before it browns.
- d. Add the **chickpeas**, **½ teaspoon of paprika**, **1 teaspoon of salt** and **1 teaspoon of pepper**.
- e. Cook for 2 minutes until warmed through.
- f. Once cooked, place the mixture in a bowl or plate and set aside.

3. Saute the zucchini

- a. Slice your **zucchini into thin rounds**.
- b. Once your chickpeas and lentils are done cooking, use the same pan and add **2 tablespoons of olive oil** over medium heat.
- c. Add the zucchini and saute on both sides until tender. Season lightly with salt and pepper.
- d. Turn off the heat.

4. Prepare the toppings

- a. Take **2 cups of cherry tomatoes** and slice them in halves. Place in a bowl and set aside.
- b. Chop **½ cup of fresh parsley**. Place in a bowl and set aside.
- c. Chop **½ of a red onion** into small pieces. Place in a bowl and set aside.
- d. Chop **1 cucumber** into rounds. Cut the rounds into halves. Place in a bowl and set aside.

5. Plate and serve

- a. Divide the ingredients equally between 4 bowls (quinoa, chickpeas and lentils, sauteed zucchini, and remaining toppings).
- b. Add a dash of **lemon juice**, **hummus**, **feta cheese** and **greek salad dressing** to your preference.

Recipes Referenced

<https://www.acouplecooks.com/how-to-season-quinoa/>

<https://www.acouplecooks.com/easy-grain-bowl/>

<https://www.themediterraneandish.com/mediterranean-grain-bowls-recipe-with-lentils-and-chick-peas/>