

Mediterranean Quinoa Bowl

This vibrant Mediterranean Quinoa Bowl is packed with fresh vegetables, healthy fats, and protein, making it a perfect meal for any time of the day. Enjoy the flavors of the Mediterranean with this nutritious and easy-to-make dish.



Mediterranean

25 min

Total time

easy

Difficulty

450

kcal / serving

Ingredients

- 1/2 cup quinoa
- 1 cup water
- 1/4 cup cherry tomatoes, halved
- 1/4 cucumber, diced
- 1/4 bell pepper, diced
- 1/4 avocado, sliced
- 1 tablespoon feta cheese, crumbled
- 1 tablespoon olive oil
- 1 teaspoon lemon juice
- Salt and pepper to taste
- Fresh parsley for garnish

Steps

- 1 Rinse the quinoa under cold water.
- 2 In a small saucepan, combine the quinoa and water. Bring to a boil, then reduce heat to low, cover, and simmer for 15 minutes or until all the water is absorbed.
- 3 Fluff the quinoa with a fork and let it cool slightly.
- 4 In a bowl, combine the cherry tomatoes, cucumber, bell pepper, and avocado.
- 5 Add the cooked quinoa to the bowl and sprinkle with feta cheese.
- 6 Drizzle olive oil and lemon juice over the top, then season with salt and pepper.
- 7 Toss gently to combine and garnish with fresh parsley before serving.