

Greek Quinoa Bowl

Yield: 5 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-quinoa-bowl-recipe>

Ingredients:

- 2 red bell peppers large, cut in half or quarters, seeds removed
- 1 plum tomato large, cut in half
- 4 cloves garlic in skins
- 1/4 cup slivered almonds lightly toasted
- 1 tablespoon lemon juice
- 2 teaspoons smoked paprika
- 1/4 teaspoon cayenne pepper
- 1 teaspoon salt
- 1 cup quinoa uncooked
- 1 3/4 cups water or broth
- 1 avocado sliced or diced
- 1 cup tomato diced, I like grape tomatoes or another plum tomato
- 1 cup cucumber diced, I like English, wash and keep their skins on
- 1 cup artichoke hearts in brine or marinated, chopped
- 1/2 cup Kalamata olives sliced or chopped
- 1/4 cup feta cheese crumbled
- 2 tablespoons fresh parsley, chopped optional
- lemons sliced

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 5 milligrams
4. Fat: 14 grams
5. Fiber: 12 grams
6. Protein: 11 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 710 milligrams
9. Sugar: 5 grams

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