

MEDITERRANEAN RICE BOWL

Ingredients



Found in the Food Pantry:

- Rice (Cooked)
- Lentils
- Canned Chickpeas (Drained and rinsed)
- Canned Artichoke Hearts (Drained and Chopped)
- Canned Black Olives (Sliced)
- Canned Tomatoes

Additional Needs:

- Cucumber (Diced)
- Feta Cheese (Crumbled)
- Dressing: Lemon Juice, Olive Oil, Salt & Pepper



Directions

- In a large mixing bowl, combine the cooked rice, cooked lentils, chickpeas, artichoke hearts, black olives, cherry tomatoes, and cucumber.
- In a separate small bowl, whisk together the lemon juice, olive oil, salt, and pepper to create the dressing. Or, use a premade Mediterranean dressing.
- Pour the dressing over the rice mixture and toss everything together until well combined.
- Top the rice bowl with crumbled feta cheese.
- Serve the Vegetarian Mediterranean Rice Bowl cold or at room temperature.

