

Mediterranean Quinoa Bowl

with Kale Chips, Olives, and Feta

Quinoa bowls are a delicious way to enjoy this protein-rich seed - you can toss in any of your favorite mix-ins! This bowl packs major Mediterranean flavor with briny olives, tomatoes, salty feta, and fresh parsley. A crunchy topping of homemade kale chips adds a special twist to this easy weeknight recipe.



Prep: 10 min Total: 25 min



level 1



veggie













Mixed Olives



Feta Cheese



Grape Tomatoes











Vegetable Stock Concentrate

Ingredients		2 People	4 People	*Not Included	_
Kale		4 oz	8 oz		.⊑
Quinoa		¾ Cup	1 ½ Cups	Allergens	3/4
Garlic		2 Cloves	4 Cloves	1) Milk	72 in —
Mixed Olives		1 oz	2 oz	2) Tree Nuts	
Feta Cheese	1)	½ Cup	1 Cup		- 14 in
Grape Tomatoes		4 oz	8 oz		Ruler 0 in 1
Red Wine Vinegar		1 T	2 T		8u 0 ii
Pine Nuts	2)	1 oz	2 oz		
Parsley		1/4 OZ	½ oz	Tools	
Vegetable Stock Concentrate		1	2	Small pot, Baking she	et
Olive Oil*		4 t	8 t	Large pan	,

Nutrition per person Calories: 549 cal | Fat: 26 g | Sat. Fat: 4 g | Protein: 18 g | Carbs: 62 g | Sugar: 8 g | Sodium: 570 mg | Fiber: 8 g



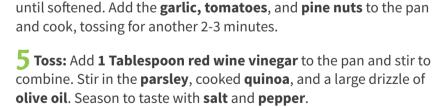
Cook the guinoa: Preheat the oven to 400 degrees. In a small pot, bring 11/2 cups water and the stock concentrate to a boil. Add the quinoa, cover, and reduce to a simmer over medium-low heat for 15 minutes. Set aside.



2 Make the kale chips: Wash and dry all produce. Meanwhile, remove and discard the kale ribs and stems. Tear half the kale into large bite-sized pieces. Spread in a single layer onto a baking sheet. Toss with a drizzle of **olive oil** and season with **salt** and **pepper**. Bake for 5-7 minutes, until crispy and slightly browned. Tip: Be careful not to let them burn!



3 Prep the remaining ingredients: Halve the tomatoes. Thinly slice the olives. Mince or grate the garlic. Roughly chop the parsley leaves and the remaining kale.



4 Cook the veggies: Heat a drizzle of olive oil in a large pan over medium heat. Add the raw kale and cook, tossing for 2-3 minutes or



Finish: Divide the **mediterranean quinoa bowl** between plates and top with the **feta cheese**, **olives**, and **kale chips**. Enjoy!



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