



LEBANESE BEAN AND VEGETABLE GRAIN BOWL

Yield: 6 Servings

Nutrition Facts

Serving size 8 oz. (230 g)

Amount per serving
Calories 280

% Daily Value*

Total Fat 6g 8%

Saturated Fat 1g 4%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 763mg 35%

Total Carbohydrate 49g 20%

Dietary Fiber 6g 20%

Total Sugars 4g

Includes 1g Added Sugars 2%

Protein 10g

Vitamin D 0mcg 0%

Calcium 72mg 6%

Iron 3mg 15%

Potassium 526mg 10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients

Grain Blend

- 6 oz. Quinoa, cooked
- 6 oz. Brown Rice, cooked
- 6 oz. Farro, cooked
- 6 oz. Barley, cooked

Lebanese Bean and Vegetable Grain Bowl

- 1 lb. 11 oz. Grain Blend
- 4 tablespoons Yellow Onion, diced
- ½ cup Yellow Squash, diced
- ½ cup Zucchini, diced
- ¾ cup Eggplant, diced
- 1 cup Fresh Tomato, diced
- ¼ teaspoon Chili Powder
- 1 teaspoon Ground Coriander
- 3 teaspoons Sesame Seeds
- 1 teaspoon Ground Cumin
- 2 teaspoons Canola Oil
- ½ cup Vegetable Broth
- 1 teaspoon Garlic Cloves, minced
- 1 teaspoon Fresh Thyme
- 3 teaspoons Lemon Juice
- 1 pint Chickpeas, drained
- 3 teaspoons Fresh Parsley
- ¼ teaspoon Salt
- ⅛ teaspoon Black Pepper

Procedures

1. Prepare quinoa, brown rice, farro and barley according to package instructions. Mix cooked grained together in a mixing bowl and set aside.
2. Heat oil in a pan or kettle over medium heat. Sauté onions until translucent. Add garlic and sauté for an additional 1 minute.
3. Add squash, zucchini, eggplant, tomatoes, chickpeas, vegetable broth, lemon juice, spices salt and pepper.
4. Bring to a simmer and allow the broth to reduce by half. Taste.
5. Portion 1 cup of grain mixture into a bowl and top with 1/2 cup bean and vegetable mixture. Garnish with parsley.