

Mediterranean Nourish Bowl

A simple yet nourishing way to include cancer protective ingredients all in one bowl. Use the recipe as a suggested template. You can mix and match with ingredients that you prefer or have on hand.

Prep Time: 15 minutes

Total Time: 15 minutes

Serves 4

Ingredients

For the Hummus

- 15 ounce can chickpeas, rinsed and drained.
- 3 Tbsp. lemon juice
- 2 Tbsp. tahini
- 1-2 garlic cloves
- ½ tsp. salt
- 2-3 ice cubes

For Assembly

- 1 cup cooked farro or quinoa
- 2 cups baby spinach
- ½ red onion sliced
- ½ pint Cherry tomatoes quartered
- ½ English cucumbers sliced
- 1 cup can chickpeas or cannellini beans
- ½ cup olives pitted
- Chopped parsley for serving.
- Extra virgin olive oil for serving.

Instructions

1. Place chickpeas in a bowl of water and rub them together to peel the skin (optional step but helps create a creamy texture).
2. Drain the garbanzo beans and transfer them to a food processor. Blend them alone until they become powder-like, scraping down the sides as needed.
3. Add the lemon juice, tahini, garlic cloves and salt and 2-3 ice cubes, and blend for about 5 minutes until smooth. Taste and adjust as needed by adding more lemon juice or salt.

4. Spoon the hummus onto a plate or bowl and spread the hummus with the back of a spoon to create swirls.
5. Assemble the remaining ingredients on top of the hummus as desired.

Notes

Make ahead: both the hummus and cooked farro or quinoa can be made up to 5 days ahead of time and stored covered in the fridge.

Make extra: double the hummus recipe to use as a dip for your veggies.