

ATHENS, GREECE: GREEK POWER BOWL

INGREDIENTS:

Grain of choice
Chickpeas
Broccoli
Tomato
Onion
Cucumber
Feta
Plain Greek Yogurt
Spinach
Basil
Dill
Seeds
Garlic
Greek Seasoning
Olive Oil

DIRECTIONS

1. Wash hands and produce prior to cooking.
2. Gather all ingredients.
3. Slice cucumber and onion.
4. Make your cucumber dip! Mix together plain Greek yogurt, with sliced cucumbers, lemon juice, dill, garlic, and Greek seasoning.
5. Build your personalized Greek Power Bowl! Include any or all of the ingredients listed. Remember to use mindfulness when portioning your plate and **EAT THE RAINBOW!**

Did You Know:

This recipe uses 4 of the 5 food groups!



