



Greek Veggie Bowl

Cook Time: 20 Minutes

This tangy, delight is filled with cauliflower, asparagus, chickpeas, Greek seasoning and Tzatziki.

Ingredients:

Cauliflower, Beets, Greens, Onion, Olives, Lemon, Seasoning

Things You May Need:

Skillet

Sharp Knife

Cutting Board

Ingredients are subject to
availability

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Ingredients:

cauliflower

1/2 onion

asparagus

lemon

Greek seasoning

2 garlic cloves

chickpeas

Tzatziki

Instructions:

1. Cut the cauliflower into sections and slice the onion. Heat 1 tablespoon oil in a large skillet over medium heat. Add the cauliflower florets, sliced onion and Greek seasoning. Cook 5 minutes, until cauliflower is almost tender.
2. Meanwhile, break the tough ends from the asparagus, and chop into 2 inch sections. Smash the garlic.
3. Season with salt and fresh ground black pepper, then stir in 1/2 cup of water, asparagus, garlic and juice of 1/2 lemon. Simmer for an additional 3-5 minutes.
4. Add the chickpeas and stir to combine.
5. Serve hot, dividing among plates. Top with Tzatziki and taste for seasoning. Enjoy!