



Greek Goddess Bowl

Servings 8

Prep 25 min

Cook 20 min

Shawarma Spice

½ tsp. Cinnamon

¼ tsp. Cardamom/ Cloves

½ tsp. Corriander

1 ½ tsp. Tumeric

½ tsp. Ginger

2 tsp. Paprika

2 Tbsps. Cumin

1/8 tsp. Cayenne

Tzatziki

½ (finely grated and drained) Cucumber

1 ½ cups Coconut Yogurt

3 cloves Garlic

¼ cups (fresh) or 2 Tbsps. (dried) Dill

To taste Salt

To taste Pepper

1 ½ tbsps. Lemon Juice

Tabbouleh

1 head Lettuce/Kale/Parsley

⅓ cup Red Onion

1 Red Pepper

1 Lemon

To taste Salt

To taste Pepper

½ cup Kalamata Olives

½ cup (halved) Cherry Tomatoes

1 (thinly sliced) Cucumber

1 (thinly sliced) Carrot

Directions

- 1 Preheat oven to 375 degrees F (190 C) and set out a baking sheet.
- 2 Add all spices to a small jar and shake or stir to combine. Will keep at room temperature for several months.
- 3 Add washed, dried chickpeas to a mixing bowl along with oil, 2 Tbsp. Shawarma Spice Blend, maple syrup, and salt. Toss to combine.
- 4 Add seasoned chickpeas to the baking sheet. Bake for 20-23 minutes or until the chickpeas are slightly crispy and golden brown. Remove from oven and set aside.
- 5 Start making the tzatziki. Finely grate cucumber with the skin on – should yield about 1 cup. Then either set in a fine-mesh strainer set over a small mixing bowl or transfer to a clean, thin towel and squeeze out excess moisture.

- 6 Add coconut yogurt to a large mixing bowl and add strained cucumber, garlic, dill, salt, pepper, lemon juice, and olive oil (optional). Stir to combine.
- 7 Taste and adjust flavor as needed, adding more salt for overall flavor, garlic for zing, lemon for acidity, or dill for herbiness.
- 8 Serve immediately, or store in the refrigerator (where it will thicken) up to 5 days, sometimes longer depending on freshness of yogurt.
- 9 For Tabbouleh, add lettuce, onion, bell pepper, kalamata olives, cherry tomatoes, carrot, and cucumber. Top with lemon juice, olive oil, salt, and pepper and toss to combine. Add hemp seeds at this time if desired (optional).
- 10 Taste and adjust flavor as needed, adding more lemon juice for acidity, salt and pepper for overall flavor, or olive oil if too dry.
- 11 Assemble bowls with tzatziki, tabbouleh, and cooked chickpeas.