

UVA Teaching Kitchen Cooking Class

Mediterranean Grain Bowl

Yields: 4 servings

Time: 50 minutes (25 minutes prep, 25 minutes cook)

Equipment: large pan, oven, baking sheet, instant pot (optional)

Source: Madison Smith, Dietetic Intern

Ingredients

- 4 cups mixed greens
- 2 cups brown rice
- 2 cups diced sweet potato
- 2 cups halved grape tomatoes
- 2 cups chopped cucumber
- 2 cups chopped bell pepper
- 8 tbsp nutritional yeast
- 2 cans black beans, drained and rinsed
- 2 cans chickpeas, drained and rinsed
- 1 tbsp vegetable oil

Instructions

- Preheat oven to 450 degrees F.
- On large baking sheet, toss diced sweet potato with oil and seasoning of choice.
- Bake for 20-25 minutes until tender.
 - Possible substitution: If not using oven, heat the oil in a large pan on stove over medium heat. Add in diced sweet potatoes and slowly cook and stir until tender.
- While potatoes are cooking, cook rice according to instructions (microwave, boil, etc.).
- Chop vegetables and set to the side.
- Rinse and drain black beans and chickpeas. Can heat vegetables, beans, and chickpeas on stovetop if desired.
- Assemble your bowls!
 - Lay ~1 cup mixed greens at bottom of bowl.
 - Place beans, chickpeas, rice, sweet potatoes, and vegetables as desired in bowl.
 - Top with nutritional yeast and dressing of choice.
 - Can add cheese, meat, other toppings, etc. as desired.

Tzatziki Sauce

Yields: 4 servings

Time: 5 minutes

Equipment: medium bowl, spoon, grater

Source:

<https://www.loveandlemons.com/tzatziki-sauce/#wprm-recipe-container-43122>

Ingredients

- ½ cup finely diced cucumber
- 1 cup Greek Yogurt
- 1 tbsp lemon juice
- ½ tsp EVOO
- 1 garlic clove, minced
- ¼ tsp salt

Instructions

- Seed and dice cucumber and place on paper towel. Gently squeeze out excess water.

- In medium bowl, place cucumber, yogurt, lemon juice, olive oil, garlic, salt and stir until combined.
- Chill until ready to serve.

Greek Dressing

Yields: 4 servings

Time: 5 minutes

Equipment: Jar w/ Lid

Source:

<https://www.littlebroken.com/greek-vinaigrette/>

Ingredients

- ½ cup EVOO
- 2 tbsp red wine vinegar
- 1 lemon, juiced
- 2 cloves garlic, minced
- 1 tsp dried oregano
- Salt and pepper to taste

Instructions

- Add all ingredients to mason jar or any contained with a lid. Cover and shake until combined.
- Cover and store in refrigerator for up to 1 week. Stir before serving.

Toasted Pita Bread and Hummus

Yields: 4 servings

Time: 15 minutes (5 minutes prep + 10 minutes cook)

Equipment: sheet pan

Source:

<https://www.foodnetwork.com/recipes/ina-garten/toasted-pita-triangles-recipe-1923322>

Ingredients:

- 1 bag pita bread
- Olive oil and salt to taste

Instructions

- Preheat oven to 375 degrees F.
- Cut each pita in half and then each half into triangles and place in singular layer on sheet pan. Drizzle with olive oil, salt, and other seasonings as desired.
- Bake for 10 minutes and enjoy!

Optional Modifications

- Add chicken, turkey, beef, meat substitutes, or tofu for added protein.
- Mix and match vegetable options based on your preference!
- Nutritional yeast can be substituted for cheese, nuts, or seeds.
- Swap rice/sweet potato for quinoa, farro, white potato, etc.