

# The Mediterranean Bowl

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Makes 4 bowls

## BOWL INGREDIENTS

- 1 cup Quinoa, cooked to package instructions
- 1 recipe Tofu Souvlaki (below)
- 1 recipe Spelt Flatbread (below)
- 1 recipe Vegan Tzatziki (below)
- 1 recipe Vegan Greek Salad (below)
- 1 avocado, sliced
- 4 lemon wedges
- Fresh Parsley, chopped



## Tofu Souvlaki

- 1 package tofu
- 2 garlic cloves
- 1 tsp Greek seasoning
- 1 Tbsp oregano
- 1 tsp smoked paprika
- ½ tsp cumin
- 1 whole lemon, juiced
- ½ tsp pink salt
- Pepper to taste
- 1 Tbsp olive oil

## TOFU INSTRUCTIONS

Unpackage tofu, drain the liquid, and wrap it in a double layer of paper towel. Press firmly with your hands on all sides to remove excess liquid.

Chop into ½ inch squares, put into a bowl and add the rest of the ingredients. Toss to coat. Let marinate until you are 10 minutes away from eating.

Heat a frying pan to medium high, put all the tofu and marinade in the pan and fry until the liquid is evaporated and the tofu is browned. Add extra sprays of oil if needed.

## Vegan Tzatziki

- 1 cup plain almond yogurt\*
- ½ a English cucumber
- 2 garlic cloves, minced
- 2 tsp fresh lemon juice or red wine vinegar
- 1 ½ dried dill
- Pepper to taste

## TZATZIKI INSTRUCTIONS

Grate the cucumber and then using your hands or a cheese cloth, squeeze out the liquid.

Add the drained grated cucumber to a bowl with all the other ingredients and stir until combined. Refrigerate until ready to use.

\*Rivera Greek style almond yogurt or Kite Hill work great

### Spelt Flatbread

2 cups whole spelt flour  
2 tsp baking powder  
1 tsp coconut sugar  
1 tsp pink salt  
2 tbsp avocado oil  
¾ cup cold water  
Avocado oil spray for frying

#### FLATBREAD INSTRUCTIONS

Whisk together dry ingredients. Add the oil and most of the water. Reserve a couple tablespoons as to not make the dough too wet.

Stir together, if dough is too dry, add the remaining water. Once it comes together, knead with your hands for 1 minute. Let rest for 5-10 minutes.

Heat a frying pan to medium heat. Divide batter into 8 pieces. Dip piece in flour and then either roll it 1/8 inch thick or use your hands to stretch it into a thin disc.

Spray frying pan with oil. And cook one at a time 1-2 minutes each side until done.

Cover with a cloth until ready to serve. Cut each piece into quarters.

### Vegan Greek Salad

½ English cucumber, quartered and chopped  
1 orange or yellow bell pepper, chopped  
¾ cup grape tomatoes, cut in halves  
¼ red onion, chopped  
A few kalamata olives, chopped in quarters  
2 Tbsp cashew parmesan  
2 tsp Greek seasoning  
1 Tbsp olive oil  
1 Tbsp red wine vinegar

#### SALAD INSTRUCTIONS

Toss all chopped veggies together. Add Greek seasoning, oil, vinegar, and cashew parmesan. Mix until all the veggies are coated.

### ASSEMBLE BOWL

Fill each 1/3 of the bowl with quinoa, Tofu Souvlaki and the Vegan Greek Salad. Top with Tzatziki, flatbread quarters, a lemon wedge and fresh parsley.