



Mediterranean Vegetable Bowl



Directions:

1. Prepare a large bowl of ice water and about 1 table- spoon of salt. Cut the eggplant into 1" cubes and place into the salted ice water. Allow them to sit for 20 to 30 minutes. Drain and rinse the eggplant.
2. Mix the chickpeas, paprika, chili powder, lemon juice, and olive oil in a mixing bowl. Transfer to a sheet pan.
3. Place zucchini, mushrooms, and eggplant onto another sheet pan. Toss with olive oil, oregano and pepper.
4. Roast the vegetables for 20 to 25 minutes at 400 F, stir- ring once through, or until they're golden and tender. Allow the chickpeas to cook for 30 to 35 minutes.
5. Place 1 cup greens at the bottom of each bowl. Layer with the cooked rice and roasted vegetables. Top with roasted chickpeas.

Nutrition Facts: 331 cal, 8 g fat, 56 g carb, 12 g pro, 400 mg Na+, 11 g fiber

Ingredients:

- 1 medium eggplant, cubed
- 2 zucchini, trimmed and sliced 1/4" thick
- 8 ounces mushrooms, sliced
- 1 tablespoons olive oil
- 2 cups chickpeas
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon chili powder
- 1 Tablespoon kosher salt
- 1 Tablespoon lemon juice
- 1/2 Tablespoon dried oregano leaves
- 1/2 Tablespoon pepper
- 3 cups prepared brown rice
- 6 cups greens mix (arugula, baby spinach, or spring mix)

Yield: 6 servings

Time: 1 hour