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Recipe Title: Mediterranean Chickpea Bowl
Servings: 4
Price per Serving: \$8
Total Time of Preparation: 25 minutes

Ingredients List

- **Chickpeas:** 1 can (15 oz) – \$1.50
 - **Cucumber:** 1 medium – \$0.75
 - **Tomatoes:** 2 medium – \$1.00
 - **Red Onion:** 1/2 medium – \$0.50
 - **Quinoa:** 1 cup (uncooked) – \$2.00
 - **Water:** 2 cups – (free)
 - **Extra Virgin Olive Oil:** 3 tablespoons – \$0.50
 - **Lemon:** 1 (juiced) – \$0.75
 - **Garlic:** 1 clove (minced) – \$0.10
 - **Salt:** to taste – ~\$0.05
 - **Pepper:** to taste – ~\$0.05
 - **Fresh Parsley:** a handful, chopped – \$0.30
 - **Crumbled Feta Cheese (optional):** 1/4 cup – \$0.50
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Directions

- 1. Preparation (5 minutes):**
 - Rinse and drain the 1 can of chickpeas.
 - Chop 1 medium cucumber, 2 medium tomatoes, and 1/2 red onion into bite-sized pieces.
- 2. Quinoa Cooking (10 minutes):**
 - Rinse 1 cup of quinoa under cold water.
 - In a medium saucepan, combine the quinoa with 2 cups of water. Bring to a boil, then reduce heat and simmer for 10 minutes until the water is fully absorbed.
- 3. Dressing (3 minutes):**
 - In a small bowl, whisk together 3 tablespoons of extra virgin olive oil, the juice of 1 lemon, and 1 minced garlic clove.
 - Season with salt and pepper to taste.
- 4. Assembly (2 minutes):**
 - In a large bowl, combine the cooked quinoa, chickpeas, and chopped vegetables.
- 5. Final Touch (5 minutes):**
 - Drizzle the dressing over the mixture and toss gently to combine.
 - Optionally, garnish with chopped fresh parsley and a sprinkle of crumbled feta cheese (omit the feta for a vegan option).