

Millennial Pen in Hand: Original Recipes

Greek Inspired Grain Bowl



Ready in **1 hours 30 minutes**

Serves **5-7 people**

Ingredients

- 2 Packs microwave grains or 4 cups cooked grains
- 1/4 red onion, diced
- 3 baby sweet peppers, diced
- 2 mini cucumbers, diced
- 1 small corn cob or 1/3 cup corn kernels
- 3-4 cloves garlic, minced
- 1 can black olives, sliced
- 1 can chickpeas
- 1/3 cup pistachios
- 1 block feta cheese, diced
- 2 tbsp olive oil
- 2 tbsp red wine vinegar
- 1/2 lemon, juiced
- 2 tsp onion powder
- 1/2 tsp garlic powder

- 1 tsp dill weed, oregano, parsley, red pepper flakes
- 1 tsp oregano
- 1 tsp parsley
- 1 tsp red pepper flakes
- S+P to taste

Preparation

1. If using microwave packs of grains, be sure to break up chunks before heating. Microwave as instructed, and dump in your bowl. If making stovetop grains, follow cooking instructions and add to your bowl.
2. While hot, use a spoon to break any big lumps. Add in your onion powder, garlic powder, dill weed, oregano, parsley, and chili flakes. Wait for grains to fully cool before adding anything else.
3. Dice your peppers, red onion, and cut your corn off the cob. All of these should be about the same size. Mince your garlic even smaller. Cut your cucumbers into quarters and dice to about the same size as your chickpeas. Follow the same guideline for slicing your olives and cutting up the feta.
4. Drizzle in the red wine vinegar, olive oil, and a squeeze of lemon juice. Sprinkle with salt and pepper. Toss in with the grains and give a good mix.
5. Rough chop the pistachios - the uglier the better for a satisfying crunch. Alternatively substitute with cashews or use a combination of both if you're nutty like us.

6. For added protein, we prepared spinach and feta chicken sausage. Already fully cooked, it just needs a quick browning in a pan. You can use grilled chicken, ground turkey, or any protein of choice. Once browned allow for the meat to cool a little then add to the mixture. Plate and enjoy!

Notes, Tips & Tricks

Adding the herbs and spices in the beginning, as the grains are cooking, is extremely important! By adding them to heat you bring out the flavor of these ingredients that then cook into the grains. In other words, it's a flavor party in that pot.

If you haven't caught on, we really like to have options. Many of the ingredients can be swapped out, like the sausage for chicken, or sweet peppers for spicy. You can even change out the olives if we didn't use your favorite kind.

This is a really good dish if you like to prep meals or snacks for the week. Having a handful of containers to portion this out really helps.

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