



# MEDITERRANEAN FALAFEL BOWL

Makes 1 serving | Serving size: 1 bowl

PREP TIME

**10 min**

COOK TIME

**0 min**

TOTAL TIME

**10 min**

*I am all about meals that I can throw together with little-to-no cooking. The tzatziki adds flavor to the whole bowl. It's a delicious way to get your veggies, and it is packed with fiber and protein.*



## Ingredients

- 1/2 cup quinoa, cooked
- 2 cups arugula
- 1/2 cup matchstick carrots
- 1 roma tomato
- 1/4 cup sliced cucumber
- 3 falafel
- 2 tablespoons tzatziki
- 1 tablespoon minced red onion

## Directions

1. Place all the ingredients in a bowl. Enjoy!