



Mediterranean Grain Bowl Salad

GG copycat inspired by Panera's healthy entrée

- 2 cups arugula or spinach
- 1 cup cooked brown rice
- 1 cup cooked quinoa grain
- 1 cup sliced mini cucumbers
- 1 cup kalamata sliced olives
- 1 cup chopped seeded Roma tomatoes
- 1/4 cup crumbled feta cheese
- 1 cooked whole chicken breast, sliced
- 4 scoops prepared hummus

Garnish: Ground paprika as desired, thin sliced red onions as desired

Serve with: Tahini Salad Dressing

- Select two individual salad bowl dishes for serving.
- Arrange 1 cup arugula around the edge of each salad bowl.
- In a bowl, combine the brown rice and quinoa. Spoon $\frac{3}{4}$ cup grain mixture into center of each bowl. Set remaining grain mixture aside.

- Top each bowl with ½ cup sliced cucumbers, ½ cup sliced olives, ½ cup sliced tomatoes.
 - Sprinkle each salad with crumbled feta cheese.
 - Coat the sliced chicken pieces lightly with Tahini Salad Dressing.
 - Place about 4 to 5 chicken slices on each salad
 - Using a 1-1/2 to 2 Tablespoon scooper, place 2 small scoops of hummus on each salad.
 - Sprinkle the remaining rice/quinoa mixture over the top of the salad.
 - Sprinkle paprika lightly over the top of salad.
 - Garnish the top of each salad with thin slices of red onion.
- Yield: 2 grain entrée salad bowls

Cook Notes on Preparation:

Suggestions If you want to make this recipe at home,

- Cook your brown rice and quinoa separately according to package directions.
- Purchase already cooked chicken and remove from bones. Use any remaining cooked chicken for another supper.
- Slice or chop veggies.
- Prepare a Tahini salad dressing (see the recipe)
- Prepare an easy-to-make hummus (see the recipe)

Prepare a simple creamy Tahini salad dressing:

1/4 cup plain whole Greek yogurt

1/4 cup water

1/4 to 1/2 teaspoon salt

3 Tablespoons Tahini

1 teaspoon sweet red pepper relish

In a bowl, mix first four ingredients until smooth and salad dressing consistency; stir in pepper relish. Chill or set aside until using.

Prepare a Simple Hummus

1 (15 oz.) can chickpeas, drain, reserve liquid

3 Tablespoons olive oil

3 Tablespoons tahini

1 teaspoon ground cumin

1/2 teaspoon ground coriander

1/8 teaspoon garlic powder

1/8 teaspoon salt (optional)

1 teaspoon lemon juice, desired

1/3 cup reserve chickpea liquid

In a food processor, blend all ingredients (except chickpea liquid) until smooth. Add chickpea liquid as needed; whip for about 2 to 3 minutes until creamy.

About the Recipe: The recipe is easy if you have all the ingredients already prepared. It's better to prepare it in separate parts and then assemble the grain bowls. It is a refreshing salad main-dish entrée and wonderful blend of Greek flavors.

Panera Grain Bowls: Perfect for Fall

The best menu items at Panera

Panera is one of the most popular fast casual restaurants chains for breakfast and lunch. It launched in 1987 as St. Louis Bread Company, the chain has more than 2,000 locations in the U.S. and Canada. Panera offers healthier choices at an affordable price.

Warm bowls “These meals all start with a base of whole grains, and while these grains are healthier than their refined counterparts, the total carb count of these bowls is comparable to four or five slices of bread. Still, they contain nutritious ingredients, including some veggies. If you’re bringing a bowl home, try scooping half of it over salad greens for a better ratio of veggies to starches. You can also customize your bowl with extra veggie toppings and then, after you’ve eaten to satisfaction, put the rest in a container in the fridge for another day.”

For More Information See:

<https://www.today.com/food/panera-healthy-options-what-order-what-skip-today-t224816>