

## Summer Mediterranean Bowl

Enjoy this heart healthy bowl with early summer vegetables. Lentils or chick peas provide a fiber rich protein source for a one dish meal.

Recipe makes 4 servings.

### Ingredients:

2 cups chopped lettuce or mixed salad greens  
2 cups cooked green lentils or chick peas (or 1 - 540 mL can, drained & rinsed)  
2 cups cucumber, diced  
2 medium tomatoes, diced or 1 pint of cherry tomatoes, halved  
1 can (375 mL) sliced black olives, drained  
½ cup feta cheese, crumbled  
4 Tbsp prepared hummus  
Chopped fresh parsley (optional)

### Dressing:

¼ cup canola or olive oil  
2 Tbsp lemon juice or vinegar  
½ tsp dried oregano  
Salt & pepper to taste  
In a small bowl, combine above ingredients using a fork or whisk. Set aside.

### Assembly:

Set out 4 serving bowls. Place lettuce in bottom of each bowl.  
Add lentils, cucumber, tomatoes, olives & feta cheese, dividing equally.  
Drizzle each bowl with ~1 Tbsp dressing. Top with a spoonful of hummus.  
Sprinkle with parsley, if using.  
Serve with toasted whole grain pita bread, if desired.