



## Wild Rice, Broccoli & Mixed Greens Bowl

2 servings  
 45 minutes

### Ingredients

1/2 cup Wild Rice (dry)  
 1/4 cup Extra Virgin Olive Oil (divided)  
 2 cups Broccoli (cut into florets)  
 Sea Salt & Black Pepper (to taste)  
 3 cups Mixed Greens  
 1/2 cup Hummus  
 1/4 Cucumber (medium, chopped)  
 1 cup Cherry Tomatoes (halved)  
 1/3 cup Red Onion (sliced)  
 1/2 Lemon (juiced)

### Nutrition

Amount per serving	
Calories	601
Fat	39g
Carbs	54g
Fiber	10g
Sugar	7g
Protein	15g
Cholesterol	0mg
Sodium	326mg
Vitamin A	1250IU
Vitamin C	105mg
Calcium	131mg
Iron	4mg
Selenium	7µg

### Directions

- 1 Cook the rice according to the package directions.
- 2 Heat half of the oil in a pan over medium heat. Add the broccoli and season with salt and pepper. Sauté for three to four minutes or until tender-crisp.
- 3 Divide the cooked rice, broccoli, mixed greens, hummus, cucumber, tomatoes, and red onion into bowls. Top with the remaining oil and lemon juice. Season with more salt and pepper, if desired. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately 2 1/2 cups.

**Additional Toppings:** Top with fresh herbs like parsley, dill, cilantro and/or basil.