



UCCOOK

Mediterranean Lunch Bowl

with a lemon vinaigrette

Hands-on Time: 15 min

Overall Time: 20 min

Lunch: Yes, No, Maybe

Chef: 10 min

Nutritional Info	1 cup	2 cups	1/2 cup
5 servings	7	14	3.5
5 servings	+9g	+18g	+4.5g
1/4 cup	73	146	36.5
1/2 cup	146	292	73
1/4 cup	73	146	36.5
1/2 cup	146	292	73
1/4 cup	73	146	36.5
1/2 cup	146	292	73
1/4 cup	73	146	36.5
1/2 cup	146	292	73

Allergens: Gluten, Dairy, Soy, Eggs, Nuts, Sesame, Mustard, Honey

Spice Level: Low

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
: : ! <	+22 ! <	?4\$';4\$'
E23	: 23	1"%&0 M/</ ! /% / N<"*&' !"
+	-	04 ! /%4&' !"#\$%&' () *, % !-\$
723	823	P/0"C !"#\$%&' () *, % !-\$
823	: - 23	0"##&0 Q&#"<' !"%&'!"#\$
E23	: 23	R/#" 'C\$'%6& D&%/ !"
E2 ! <	: 2 ! <	Q& ! 4# T"#/"3)&%% ./01+%2301+4%5+6\$%5!% 7+\$" 8%391+%2 : 01+4%;\$1 ' "% <(!-\$%&=91+%2>01+4%? ' " \$, @

From Your Kitchen

(&/'4#"#3 U' /< , F&FF&)/
I /%&)

> (05WK5R ?NX(?NX(Y4"< %C& 9&%%<> 1</ ;& %C& ;4\$';4\$' "# / @4B< B"%C : : !<7+22 ! <[4A @4"<"#3
B/%&> (&/'4#G ;4*&) /#0 '%&/ ! \$##"<)&C60)/%&OG \$8 ! "\$\$%&'> D<\$AA B"%C / A4)9>
>: WRR (NK5 ?NQNXP 04F %C& ;4\$';4\$' B"%C %C& 4<"*&'G %C& %4 ! /%4G %C&)/0"C G %C& < &#"<'G /#0 %C&
A&% /> R)" \<& 4*&) %C& *"#/"3)&%% /#0 '%&/'4#>