theartfulgourmet

Mediterranean Chickpea Power Bowls w/ Lemon Garlic Herb Dressing, 3 Ways

These Mediterranean Chickpea Bowls are a fresh, nourishing, and flexible meal made with quinoa, chickpeas, crisp vegetables, fresh herbs, hummus, and a bright Lemon Garlic Herb Dressing you can make three ways—creamy, spicy, or lemon-forward. Naturally gluten-free and rich in plant-based protein and fiber, this easy grain bowl is perfect for healthy meal prep, quick lunches, or light dinners. Simple ingredients, bold Mediterranean flavors, and customizable dressings make this recipe ideal for anyone looking for a satisfying, wholesome meal that fits into a balanced lifestyle.

Prep Time	Total Time
30 mins	**30** mins

Servings: 2 Course: Main Course, Salad Cuisine: Mediterranean

Ingredients Method Notes

Ingredients

Mediterranean Chickpea Power Bowls

- 1 (14 oz can) chickpeas rinsed and drained
- 2 cups cooked quinoa
- 1 cup cucumber chopped or sliced
- 2 cups coleslaw mix (dry)
- 1/2 cup carrots shredded
- 1/2 cup hummus
- 1/2 cup crumbled feta cheese
- 2 tbsp parsley and mint chopped
- 1 tbsp extra virgin olive oil for drizzling
- 1 tsp sesame seeds for garnish

Lemon Honey Herb Dressing

- 1/4 cup extra virgin olive oil
- 2 tbsp fresh lemon juice
- 1 tbsp apple cider vinegar
- 1 tbsp honey
- 1 small garlic clove finely grated or minced
- 1 tbsp fresh parsley chopped
- 1 tbsp fresh mint chopped
- Sea salt and freshly cracked pepper, to taste

Creamy Lemon Herb Dressing (Variation)

- 2 tbsp Greek yogurt or extra hummus

Method

Make the Mediterranean Chickpea Power Bowls

1. Prepare quinoa according to package instructions and allow to cool slightly.
2. Arrange quinoa, cucumber, coleslaw mix, carrots, chickpeas, hummus, and feta into two serving bowls.
3. Drizzle generously with dressing of choice (see base dressing and variations below).
4. Finish with olive oil, sesame seeds, S&P to taste and more fresh herbs before serving.

Make the Lemon Honey Herb Dressing (Base Recipe)

1. In a small bowl or glass jar, whisk together the lemon juice, apple cider vinegar, honey, salt, and pepper until the honey is fully dissolved.
2. Slowly whisk in the olive oil until the dressing emulsifies and looks glossy.
3. Stir in the chopped parsley, mint, and garlic (if using).
4. Taste and adjust seasoning—add a pinch more salt, a squeeze of lemon, or a drizzle of honey if needed.

Creamy Lemon Herb Dressing (Variation)

1. Add ingredients to the base dressing, serve over Chickpea Power Bowls.

Spicy Lemon Herb Dressing (Variation)

1. Add ingredients to the base dressing, serve over Chickpea Power Bowls.

Lemon-Forward Herb Dressing (Variation)

1 tbsp water (to thin, as necessary)

Spicy Lemon Honey Dressing (Variation)

1/2 tbsp red pepper flakes, or chili crisp, or Calabrian chili paste

Lemon-forward Herb Dressing (Variation)

1 tbsp additional fresh lemon juice

reduce honey to 1-2 teaspoons

1 tbsp extra parsley and/or mint chopped

1. Add ingredients and reduce honey to the base dressing, serve over Chickpea Power Bowls.

Notes

These **Mediterranean Chickpea Bowls** are a fresh, nourishing, and flexible meal made with quinoa, chickpeas, crisp vegetables, fresh herbs, hummus, and a bright Lemon Garlic Herb Dressing you can make three ways—creamy, spicy, or lemon-forward. Naturally gluten-free and rich in plant-based protein and fiber, this easy grain bowl is perfect for healthy meal prep, quick lunches, or light dinners. Simple ingredients, bold Mediterranean flavors, and customizable dressings make this recipe ideal for anyone looking for a satisfying, wholesome meal that fits into a balanced lifestyle.

This **Lemon Honey Herb Dressing** is light yet flavorful, with just enough sweetness and acidity to wake up the grains, chickpeas, and vegetables without overpowering them. The base dressing is intentionally simple—olive oil, lemon, honey, apple cider vinegar, and fresh herbs—because nourishment doesn't need to be complicated to be powerful. From there, it adapts beautifully depending on what your body and mood are craving.

Creamy Lemon Herb Dressing: This version is silky, comforting, and deeply satisfying—perfect when you want your meal to feel cozy and sustaining. It pairs beautifully with quinoa and chickpeas and is ideal for days when you need extra grounding.

Spicy Lemon Honey Dressing: This variation brings warmth and energy without overpowering the bowl. It's invigorating and bold—perfect for busy days when you want your food to wake you up and keep you moving.

Lemon-Forward Herb Dressing: Bright, clean, and refreshing, this version is ideal when you want something crisp and light. It highlights the vegetables and herbs beautifully and feels especially good during warmer months or reset days.

How to Use

- Drizzle dressing of your choice lightly over the **Mediterranean Chickpea Power Bowl** just before serving
- Toss with chickpeas while still slightly warm so they absorb the flavor
- Use as a simple salad dressing or grain bowl finisher

Artful Gourmet Tip

If making ahead, store the dressing in a sealed jar in the refrigerator for up to **3 days**. Let it come to room temperature and shake well before using.