

## INGREDIENTS

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- 1 bag mini potatoes, sliced in half
- 1 bunch of asparagus, chopped
- 1 bunch of tri-color carrots, sliced
- 1 zucchini, sliced (optional)
- 1 can of chickpeas, drained
- 4 c cooked basmati or jasmine rice
- Your choice of Cava spreads (we use Crazy Feta & Tzatziki) or any similar Mediterranean spreads!
- Olive oil, salt, pepper and spices to taste

## INSTRUCTIONS

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1. Preheat oven to 425°.
2. Toss veggies with a couple Tbsp. olive oil and your favorite spices: I usually eyeball everything but do a healthy amount of: garlic powder, onion powder, cayenne pepper (a little goes a long way), chili powder, salt and pepper.
3. Line a baking sheet with tinfoil (not necessary but makes clean up so much easier) and add marinated veggies. Cook for 35 minutes or until potatoes are tender.
4. While roasting, prep chickpeas with the same oil and spices mixture as above. Air fry at 400° for 10-12 minutes or cook in a pan until golden.
5. Assemble your bowls with rice, veggies & chickpeas & top with dips & spreads!



## "CAVA" Bowls



4 SERVINGS



45 MINUTES

If you're not familiar with CAVA, it's a healthy(ish) Mediterranean quick-service restaurant (think Chipotle but fresher & way more fun). CAVA is especially known for their dips and spreads, which you can now get in most Whole Foods locations. We use a rice cooker and an air fryer for this meal, which I highly recommend to save time!

### NOTES

This recipe is adapted from [@healthygirlkitchen](#) on Instagram, one of our favorite healthy-meal accounts to follow!