



RECIPE | TOMATOES

TOMATO & RICE POWER BOWL



The logo for Pure Flavor, featuring the text "pure flavor" in a blue circle with a green leaf icon.



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TOMATO & RICE POWER BOWL



45 min

15 min
PREP.

30 min
COOKING

INGREDIENTS

1 lb Pure Flavor® Chocolate Rose Brown Beefsteak Tomatoes, quartered
2 dry pints Pure Flavor® Uno Bites™ Nano Cucumbers, sliced
1½ cups onion, finely chopped
1½ cups long-grain white rice
1½ cups feta, crumbled
1 cup parsley leaves, roughly chopped

1 cup mint leaves, roughly chopped
7 tbsp extra-virgin olive oil, divided
3 tbsp red wine vinegar
2 tbsp garlic, minced
Mint leaves, for garnish
Salt and pepper, to taste



8



easy

DIRECTIONS

- 1 Heat 2 tablespoons of oil in a medium saucepan over medium-high heat. Add onion, garlic, and salt to taste. Cook, stirring occasionally, until fragrant and translucent. Transfer mixture to a large bowl.
- 2 Cook the rice according to package instructions.
- 3 Transfer cooked rice to the bowl with the onion mixture and let cool.
- 4 Stir in tomatoes, cucumbers, vinegar, and remaining oil. Season with salt and pepper.
- 5 Fold in cheese, parsley, and mint and serve immediately. Garnish with additional mint leaves, if desired.

Pro Tip: For boosted flavor, replace red wine vinegar with balsamic vinegar.