

# Falafel Bowl



**FOODSERVICE**

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**SERVING SIZE: 1**

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## Ingredients

- 1/2 cup **Furmano's Fully Cooked Lentils**, drained
- 1/2 cup **Furmano's Fully Cooked Quinoa**
- 1/2 cup **Furmano's Garbanzo Beans (Chick Peas)**
- 1/2 cup [Hummus](#)
- 1/4 cup **Furmano's Shakshuka Sauce**
- 1/2 cup Green Leaf Lettuce, chopped
- 1/4 cup Cucumbers (1/4" Diced)
- As Needed Naan Bread

## In This Recipe



Pouch Chick Peas for Hummus - No EDTA



Chick Peas (Garbanzo Beans) - 15.5 oz.



Extra Fancy Chick Peas (Garbanzo Beans)

## Preparation

1. Arrange products separately in a bowl. Start with Lentils in the middle, following with each of the other items arranged around the outside in segments, starting at 12 o'clock and moving clockwise around the bowl to completely encircle the Lentils.
2. Top with dressing of choice.

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