

# Kale and Chickpea Grain Bowl with Avocado Dressing



**FOODSERVICE**

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SERVING SIZE: 4

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## Ingredients

- 1 cup **Furmano's Fully Cooked Tri-Color Quinoa**
- 4 cups **Furmano's Chick Peas (Garbanzo Beans)** , Drained & Rinsed
- 2 cups Carrots, peeled, halved and sliced
- 1/2 cup Shallots, Minced
- 1/2 cup Italian Parsley, Chopped
- 1 tablespoon Olive Oil
- 4 cups Kale, chopped
- 1 unit Avocado, Ripe
- 3/4 teaspoon Salt
- 1/2 teaspoon Black Pepper
- 2 tablespoons [Hummus](#)
- 3 tablespoons Garlic Clove, Peeled
- 2 tablespoons Lime Juice
- 2 tablespoons Olive Oil
- 2 tablespoons Water

## In This Recipe



Fully Cooked Tri-Color Quinoa - 24 oz.



Fully Cooked Red Quinoa - 24 oz.



Fully Cooked Tri-Color Quinoa - 96 oz.



Fully Cooked Red Quinoa - 96 oz.



Chick Peas (Garbanzo Beans) - 15.5 oz.



Organic Chick Peas (Garbanzo Beans)

## Preparation

1. On medium high heat, preheat a large saute pan for 2-3 minutes. Add Oil, Carrots, and Chickpeas; cook 5–6 minutes, stirring occasionally. Stir in Kale and cover; cook 2–3 minutes or until kale has wilted.
2. Remove pan from heat and add in Quinoa, Shallots, Parsley and toss to coat.
3. Peel and Pit Avocado, in a food processor combine Avocado, Hummus, Garlic, Lime Juice, Olive Oil, Salt, Pepper and Water. Process until smooth.
4. If serving as salad: Toss Quinoa Mixture and Avocado Dressing and serve.
5. If serving as a bowl: Divide Quinoa mixture amongst bowls and drizzle Avocado Dressing on top and serve.

