

# Lentil Powerbowl



FOODSERVICE

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SERVING SIZE: 1

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## Ingredients

- 1/2 cup **Furmano's Fully Cooked Lentils**, drained and rinsed
- 1/4 cup Carrots, thin bias cut
- 1/4 cup Red Bell Pepper, Julienned
- 1/4 cup Yellow Bell Pepper, Diced
- 1/4 cup Yellow Onion, Chopped
- 1/4 cup **Furmano's Corn (Yellow)**, Drained
- 1/4 cup Kale, chopped
- 2 tablespoons Green Onions, Sliced
- 1/4 cup Edamame, Shelled
- 1/4 cup Sesame Ginger Vinaigrette

## In This Recipe



Fully Cooked Lentils - 24 oz.



Fully Cooked Lentils - 108 oz.



Whole Kernel Golden Sweet Corn

## Preparation

1. In a sauté pan over medium heat sauté Carrots, Bell Peppers, Onion and Corn until lightly caramelized.
2. Add Kale, Green Onions, Edamame and Sesame Ginger Vinaigrette and toss.
3. In a mixing bowl add Lentils to vegetable mixture and toss. Place in a bowl.

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