

Quinoa with Corn and Zucchini



FOODSERVICE

SERVING SIZE: 6

Ingredients

- 1 cup **Furmano's Fully Cooked Quinoa**
- 1 tablespoon Extra Virgin Olive Oil
- 1/2 cup Onion, Minced
- 1 tablespoon Fresh Garlic, Minced
- 1/2 cup **Furmano's Whole Kernel Golden Sweet Corn**, Drained
- 1 cup Zucchini, small dice
- 1/4 cup Cilantro, Chopped

In This Recipe



Fully Cooked Quinoa - 24 oz.



Fully Cooked Quinoa - 96 oz.



Whole Kernel Golden Sweet Corn

Preparation

1. In a large heavy skillet over medium heat, add oil and onion. Cook, stirring until tender, about five minutes
2. Add the Garlic, Corn and Zucchini, season with Salt and Pepper. Cook until the Zucchini is tender and translucent, and the corn is tender
3. Stir in the Quinoa and toss, making sure Quinoa is heated. Toss in Cilantro. Best served hot

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