

Tri- Color Quinoa with Chickpeas and Celery



FOODSERVICE

SERVING SIZE: 10

Ingredients

- 1 1/2 cups **Furmano's Fully Cooked Tri-Color Quinoa**
- 1 1/2 cups **Furmano's Garbanzo Beans (Chick Peas)**, Drained & Rinsed
- 1 cup Celery, Thinly Sliced
- 3/4 cup **Furmano's Salsa Style Diced Tomatoes**
- 2 tablespoons Dill, Chopped
- 2 tablespoons Mint, Chopped
- 1 tablespoon Green Onion, Chopped
- 1 teaspoon Lemon Zest
- 3 tablespoons Lemon Vinaigrette
- As Needed Salt To Taste
- As Needed Black Pepper to Taste

In This Recipe



Fully Cooked Tri-Color Quinoa - 24 oz.



Fully Cooked Tri-Color Quinoa - 96 oz.



Chick Peas (Garbanzo Beans) - 15.5 oz.



Salsa Style Diced Tomatoes In Juice



Organic Chick Peas (Garbanzo Beans)

Preparation

- 1. In a mixing bowl combine all ingredients and mix with a rubber spatula, toss well.
- 2. Serve.

