

# Tri Color Quinoa Saute with Swiss Chard and Zucchini



FOODSERVICE

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SERVING SIZE: 6

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## Ingredients

- 1 tablespoon Olive Oil
- 1 cup Swiss Chard leaves
- 1 cup Zucchini, 1/2 Moon Slice
- 2 cups **Furmano's Fully Cooked Tri-Color Quinoa**
- 2 teaspoons Fresh Garlic, Minced
- 2 tablespoons Leeks, Diced
- 1 teaspoon Salt
- 1/2 teaspoon Black Pepper Flakes

## In This Recipe



Fully Cooked Tri-Color  
Quinoa - 24 oz.



Fully Cooked Tri-Color  
Quinoa - 96 oz.

## Preparation

1. In a large saute pan over medium heat add oil. Once oil starts to shimmer add in Swiss Chard Leaves and Zucchini. Stir constantly.
2. Once Zucchini and Swiss Chard start to caramelize add in Garlic and Leeks and saute until caramelized.
3. Add in Quinoa and heat through, being careful not to burn. Season with Salt and Pepper and serve Hot.

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