

Lemon Quinoa and Black Bean Salad



FOODSERVICE

SERVING SIZE: 2

Ingredients

- 1 cup **Furmano's Fully Cooked Quinoa**
- 1/4 cup **Furmano's Black Beans**, Drained & Rinsed
- As Needed Roasted Lemon Vinaigrette
- 2 tablespoons Roasted Lemon Juice
- 2 tablespoons Olive Oil
- 1/4 teaspoon Pure Maple Syrup
- 1/4 tablespoon Shallots, Minced
- 1/3 each Lemon Segments
- 1/2 teaspoon Cilantro, Chopped
- 2 tablespoons Lemon Matchsticks
- As Needed Salt
- As Needed Pepper

In This Recipe



Fully Cooked Quinoa - 24 oz.



Fully Cooked Quinoa - 96 oz.



Pouch Black Beans in Brine



Low Sodium - All Natural
Black Beans in Brine

Preparation

1. In a food processor combine Roasted Lemon Juice, Maple Syrup, and Shallots. Pulse until combined. With the food processor running add in the olive oil slowly. Reserve.
 2. This recipe is a bowl constructed by evenly distributing Quinoa and Black Beans.
 3. Place the Quinoa over 2/3 of the bowl, and the Black Beans over the last third.
 4. Drizzle Roasted Lemon Vinaigrette over the Quinoa and Black Beans. Place Lemon Segments down the middle where the Quinoa and Black Beans meet.
 5. Add Lemon Matchsticks as a garnish and Cilantro on top.
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