

# Lentil, Arugula and Pear Salad



**FOODSERVICE**

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SERVING SIZE: 8

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## Ingredients

- 2 cups Arugula
- 1/2 cup **Furmano's Fully Cooked Lentils**, Drained and Rinsed
- 1/4 cup Blue Cheese, Crumbled
- 1/2 each Pear, Sliced
- 1/4 cup Balsamic Vinaigrette
- 1/4 cup Walnuts, Chopped
- As Needed Salt To Taste
- As Needed Pepper to Taste

## In This Recipe



Fully Cooked Lentils - 24 oz.



Fully Cooked Lentils - 108 oz.

## Preparation

1. In a mixing vessel add Arugula, Lentils, Blue Cheese, Pear and Walnuts. Toss to incorporate.
2. Add in Balsamic Vinaigrette and mix.

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