



VENTURA FOODS, LLC

OPERATOR SUPPORT SERVICES

Culinary & Product Development

Name: Quinoa, Baby Kale and Summer Tomato Salad**Date: 8/28/14****Yield: 4 servings**

Ingredients:	Quantity	Procedure
	Single	
Baby Kale	8 oz. (weight)	
Tomatoes, small, varieties such as Sugar Crisp, Yellow Pear, cut in $\frac{1}{2}$.	2 cups	
Red Onions, julienned	$\frac{1}{2}$ cup	
Cucumbers, seedless, julienned	$\frac{1}{2}$ cup	
Pine Nuts, toasted	1 cup	
Marie's Yogurt Parmesan Garlic Dressing	$\frac{3}{4}$ cup	
Quinoa, cooked	2 cups	
Sea Salt	To taste	Combine all ingredients in a large mixing bowl. Toss well to coat the ingredients with the dressing. Cover and refrigerate 1 hour before serving. Portion in 2 cup servings.

Chef's Tip:

- This recipe is great as a stand alone salad or as a topping/filling for sandwiches and wraps.



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