

Fiesta-Fresh Quinoa & Roasted Corn Salad

Georgia Dining
Tech Services



FRESH | LOCAL | SUSTAINABLE

Ingredients:

1 1/4 lb. Cooked Quinoa	1 2/3 tbsp. Ground Cumin
4oz. Roasted Corn	1 2/3 tbsp. Olive Oil
6 1/2 oz. Black beans	1 2/3 tbsp. Honey
8oz. Tomatoes	1 3/8 lb. Spring Mix Lettuce
5oz. Red onions	1 2/3 oz. Queso Fresco Cheese
2oz. Fresh Cilantro	

Nutrition Facts

Calories 350	Carbs 60g
Fiber 10g	Fat 9g
Saturated Fat 2g	Protein 13g
Sodium 170mg	

This product contains: MILK

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request.