

AEGEAN ORZO & QUINOA SALAD

This Aegean Orzo & Quinoa Salad blends Sandridge's fully cooked orzo and quinoa, giving operators a way to ease into whole-grain menuing while keeping the familiar texture guests expect from a pasta salad. Fresh tomato, creamy feta, and Markon's Ready-Set-Serve Shredded Kale Blend round out the bowl, finished with a Tavolini Extra Virgin Olive Oil and lemon dressing. It's a globally inspired, high-margin salad program that trims dicing labor and offers a gradual, guest-friendly step toward MIND and Mediterranean diet menu goals.

Ingredients:

- 2.5 lb. Fully Cooked Sandridge Orzo #562286
- 2.5 lb. Fully Cooked Sandridge Quinoa #602242
- 1.5 lb. Vine-ripened tomatoes, chopped and seeded
- 1.5 lb. Markon Ready-Set-Serve Shredded Kale Blend #619052
- 0.5 lb. Red onion, chopped
- 1 cup Tavolini Extra Virgin Olive Oil #758521
- 0.5 cup Lemon juice, fresh
- 1 lb. Feta cheese, crumbled #251043
- 0.75 lb. Kalamata olives, pitted and halved
- 2 lb. Markon RSS Hearts and Hearts Salad Blend #573061 (bed/garnish)
- Sea salt and black pepper to taste

Tastefully Balanced Nutritional Info
223mg Sodium (10% DV) | 2.8g Fiber (Good Source)

Nutritional Highlights (per 4 oz. serving)

A familiar pasta-salad texture with a whole-grain step-up, worth noting for residents managing gluten intake:

- **Good Source of Fiber:** 2.8g (10% DV) per serving.
- **Moderate Sodium:** 223mg (10% DV) per serving.
- **Contains Wheat:** built with fully cooked orzo blended with quinoa; not suitable for gluten-restricted diets.
- **Balanced Calorie Profile:** 190 calories with 4.9g protein per serving.



Product	Description	Code #	Pack Size
 Sandridge® Fully Cooked Quinoa	Our fully cooked quinoa is your secret weapon for building bowls, boosting sides, and crafting crave-worthy salads in a flash. Forget the pot and water – this fluffy goodness is ready to eat, hot or cold.	602242	5/2 lb.
 Sandridge® Fully Cooked Orzo	Fully cooked orzo pasta.	562286	2/5 lb.

LEGEND:  Dairy Free  Gluten Free  Kosher  Vegan  Vegetarian

