

MEDITERRANEAN CHICKPEA & BROWN RICE SALAD



Hearty chickpeas and nutty brown rice form a satisfying, protein-forward base in this Mediterranean Chickpea & Brown Rice Salad, built on Gordon Choice's fully cooked brown rice. Cherry tomatoes, a touch of cucumber, and Markon's Ready-Set-Serve Shredded Kale Blend add freshness and leafy-green nutrition with almost no added dice time. Top it off with a simple olive oil and white wine vinegar dressing plus a dash of low-fat feta for a clean, bright flavor profile. It's a globally inspired, high-margin menu item that meets rising demand for plant-forward, MIND diet-friendly options without adding a single extra step to the line.

Ingredients:

- 5 lb. Fully Cooked Gordon Choice Brown Rice #452446
- 3 lb. Chickpeas, drained and rinsed
- 1.5 lb. Cherry tomatoes, halved
- 0.75 lb. Cucumber, diced
- 1 lb. Markon Ready-Set-Serve Shredded Kale Blend #619052
- 0.5 lb. Red onion, diced
- Sea salt and black pepper to taste
- 0.75 cup Olive oil
- 0.5 cup White wine vinegar
- 1 lb. Low-fat feta cheese, crumbled



Tastefully Balanced Nutritional Info

135mg Sodium (Low Sodium) | 5.4g Protein (Good Source)

Nutritional Highlights (per 4 oz. serving)

The most protein-forward, lowest-sodium option in the collection — well suited to health-conscious menus:

- **Low Sodium:** 135mg (6% DV) per serving, meeting FDA criteria for a low-sodium food.
- **Good Source of Protein:** 5.4g (11% DV) per serving, the highest protein content in the collection.
- **Good Source of Fiber:** 2.8g (10% DV) per serving.
- **Plant-Forward:** chickpeas and brown rice form a satisfying, protein-forward, better-for-you base.

Product	Description	Code #	Pack Size
 Gordon Choice® Cooked Brown Rice	This brown rice delivers restaurant-quality texture and flavor with minimal effort. Made with just water, long-grain brown rice, and a touch of canola oil; it's a blank canvas for your culinary creativity.  	452446	2/4 lb.

LEGEND:  Dairy Free  Gluten Free  Kosher  Vegan  Vegetarian

