

BLACK PEARL MEDLEY CRANBERRY SUNFLOWER SALAD K-12



INGREDIENTS

- 2 lbs **Black Pearl Medley®**
< <https://inharvestfoodservice.com/products/black-pearl-medley/> >
- 2 cups dried cranberries
- 2 cups roasted sunflower seeds
- 2 cups balsamic dressing
- 2 t kosher salt
- 2 t ground black pepper

DIRECTIONS

1. Cook InHarvest Black Pearl Medley according to package instructions.
2. Cool rice blend completely under refrigeration before assembling salad.
3. In a large bowl, combine Black Pearl Medley with all other ingredients and mix well.
4. Keep refrigerated until ready to serve.

NUTRITION FACTS

Per serving: 258 cal., 4 g pro., 44 g carb., 5 g fiber, 8 g fat (1 g sat. fat), 0 mg chol., 292 mg sod., 1 g sugar

CREDITING INFORMATION

1 ½ cup serving provides .75 oz equivalent grain.