

# BEAN BUDDHA BOWL

## Ingredients:

- 1 cup garbanzo beans
- 1 cup or red kidney beans
- 1 cup of black beans
- 2 cups of cut frozen green beans
- 1 cup of cherry tomato
- ½ cup of diced red onions
- ½ cup of chopped parsley
- ½ cup of balsamic vignette

## Instructions:

Cook beans until they are done and toss all ingredients together- done!

Serves 4 people, recipe from: Chef Armando Olalde!

**CHEF'S SPECIAL!**  
These yummy recipes were created by our talented chef. As you all know, the chef may not necessarily be cooking with "regular" measurements as most "home cooks" would use. While it always turns out wonderfully, you may find yourself slightly changing the amounts at home to your own liking and taste. ENJOY!

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# ZUCCHINI- SQUASH BUDDHA BOWL

## Ingredients:

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|-------------------|----------------------|
| 1 zucchini        | 1 cup of quinoa      |
| 1 yellow squash   | 1 cup pearl couscous |
| 1 red bell pepper | Salt and pepper      |
| ½ red onion       | Italian vinaigrette  |

## Instructions:

Cut vegetables and grill them. Cook quinoa and pearled couscous. Toss everything together, season with salt and pepper and Italian vinaigrette- done!

Serves 4 people, recipe from: Chef Armando Olalde!

