



Korean BBQ Quinoa

Pulse Mélange

5-Grain Blend



Super Sides



Path of Life's super sides include high quality, nutritious blends that pave the way to a healthier lifestyle without sacrificing flavor. Made with wholesome ingredients, these three new products contain bold, on-trend flavors. Super sides expand your side dish options with healthful ingredients, save on preparation time and reduce the pantry space needed to stock a wide range of grains and legumes. Try these versatile super sides:

Korean BBQ Quinoa is a frozen blend of red and white quinoa and brown rice, green garbanzo beans and vegetables, seasoned with garlic, olive oil and Korean BBQ flavor. Gluten-free and non-GMO.

Pulse Mélange is a gluten-free blend (aka mélange) of pulses - tan and green garbanzo beans and red lentils - and vegetables seasoned with garlic, olive oil, basil and enrobed in red wine vinegar.

5-Grain Blend combines red quinoa, white quinoa, barley, wild rice, and wheat berries. This blend gives chefs a base to prepare endless dishes with on trend whole grains.

Features and Benefits

- **Save time and labor** compared to preparing dry grains and legumes from scratch - simply heat and serve these super sides in minutes.
- **Versatile** as side dishes, ingredients, or plant-protein center of the plate dishes.
- **Cook in 5-6 minutes** then serve in hot (or refrigerate for cold) applications.
- **On trend gluten-free** sides – Korean BBQ Quinoa and Pulse Mélange only.
- **Non-GMO** and **protein-rich** ingredients.
- The United Nations declared **2016 the Year of the Pulse!**
- Korean BBQ Quinoa blend meets three of the National Restaurant Association's 2017 **"Top 20 Food Trends"**: #2 Street Food/Food Trucks, #11 Ethnic Condiments/Spices and #14 Ancient Grains.

Menu Ideas

- **Asian Quinoa & Citrus Beet & Avocado Salad***
- **Grilled Chicken & Pulse Salad***
- **Korean BBQ Quinoa Lettuce Wraps***
- Pulse Mélange Hummus
- Korean BBQ Quinoa Crab Cakes with Sambal Aioli
- Pulse Mélange Shrimp & Couscous Salad
- Korean BBQ Quinoa Pancakes
- **Tuscan Grain Salad***
- Quinoa Miso Soup
- 5-Grain Burger
- 5-Grain Chicken Soup

**pictured*

Preparation/Handling Instructions

Stove Top: Heat saucepan over high heat on stovetop. Pour 1 half bag into pan and add 2-4 tablespoons of water. Stir, cover and reduce to medium heat. Cook 5-6 minutes or until internal temperature reaches 165°F, stirring occasionally.

Microwave: Cook 1 cup covered on high for 3½ - 4 minutes or until internal temperature reaches 165°F. Adjust for the strength of the microwave.

SUPC	Brand	Description	Pack/Size
4438956	PATHLIF	VEGETABLE BLEND QUINOA KOR BBQ	6 / 2.5 LB
4438947	PATHLIF	VEGETABLE BLEND PULSE MELANGE	6 / 2.5 LB
4438911	PATHLIF	GRAIN BLEND 5 - WAY	6 / 2.5 LB