



A RECIPE BY FRESH FRONTIER

# roast pumpkin with quinoa and chia seeds with cherry tomatoes, hummus and tortillas

## ingredients

- 1 Fresh Frontier Roast Pumpkin with Quinoa and Chia Seeds Salad
- 4 Cherry Tomatoes
- 2 Small Tortillas
- 2 Tablespoons of Hummus
- Coriander

## directions

1. Place Fresh Frontier Roast Pumpkin with Quinoa and Chia Seeds into a bowl
2. Cut Cherry Tomatoes and place on salad
3. Add Hummus to the salad and top with Coriander
4. Enjoy!

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