



Gluten Free ~ Dairy Free
Almond Quinoa With Asparagus

Directions: Thaw. Heat individual portions in sauce pan or microwave. For larger amounts, heat in large pot or stir-fry to heat with a bit of added oil. Or serve as filling in cooked peppers or roasted squash halves.

Date Made:

Use By:



Gluten Free ~ Dairy Free
Almond Quinoa With Asparagus

Directions: Thaw. Heat individual portions in sauce pan or microwave. For larger amounts, heat in large pot or stir-fry to heat with a bit of added oil. Or serve as filling in cooked peppers or roasted squash halves.

Date Made:

Use By:



Gluten Free ~ Dairy Free
Almond Quinoa With Asparagus

Directions: Thaw. Heat individual portions in sauce pan or microwave. For larger amounts, heat in large pot or stir-fry to heat with a bit of added oil. Or serve as filling in cooked peppers or roasted squash halves.

Date Made:

Use By:



Gluten Free ~ Dairy Free
Almond Quinoa With Asparagus

Directions: Thaw. Heat individual portions in sauce pan or microwave. For larger amounts, heat in large pot or stir-fry to heat with a bit of added oil. Or serve as filling in cooked peppers or roasted squash halves.

Date Made:

Use By:



Gluten Free ~ Dairy Free
Almond Quinoa With Asparagus

Directions: Thaw. Heat individual portions in sauce pan or microwave. For larger amounts, heat in large pot or stir-fry to heat with a bit of added oil. Or serve as filling in cooked peppers or roasted squash halves.

Date Made:

Use By:



Gluten Free ~ Dairy Free
Almond Quinoa With Asparagus

Directions: Thaw. Heat individual portions in sauce pan or microwave. For larger amounts, heat in large pot or stir-fry to heat with a bit of added oil. Or serve as filling in cooked peppers or roasted squash halves.

Date Made:

Use By: