

Aztec Grain Salad

RED/ORANGE VEGETABLE, FRUIT, GRAINS						SALADS
Ingredients	50 servings		100 servings		For ____ servings	Directions
	Weight	Measure	Weight	Measure		
Quinoa, dry	4 lb 6 oz	2 qt 3 cups	8 lb 12 oz	1 gal 1-1/2 qt		<ol style="list-style-type: none"> 1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. 2. Combine quinoa and water in a covered stockpot and bring to a boil. Reduce heat and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Refrigerate at 40 °F. 3. Combine apples, squash, and canola oil. Add half of the ginger and half of the cinnamon. Reserve remaining ginger and cinnamon for step 6. Toss well to coat. 4. Transfer apple/squash mixture to a sheet pan (18" × 26" × 1"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. 5. Roast until squash is soft and slightly brown on the edges. DO NOT OVERCOOK. Conventional oven: 400 °F for 15-20 minutes Convection oven: 400 °F for 12-15 minutes 6. Combine orange juice concentrate, olive oil, honey, mustard, vinegar, salt, black pepper, white pepper, cilantro, and remaining ginger and cinnamon. Whisk dressing until combined. 7. In steam table pan (12" × 20" × 4") combine quinoa, apple/squash mixture, cranberries, raisins, and dressing. Mix well. For 50 servings, use 2 pans. For 100 servings, use 4 pans. Option: garnish with additional chopped cilantro. Cover and refrigerate at 40 °F to allow flavors to combine. 8. Critical Control Point: Cool to 41 °F or lower within 4 hours. Refrigerate until ready to serve. 9. Portion with 8 fl oz spoodle (1 cup).
Water		1 gal 1-1/2 qt		2 gal 3 qt		
Fresh Granny Smith apples, peeled, cored, cubed 3/4"	3 lb 10 oz	2 qt 2 cups	7 lb 4 oz	1 gal 1 qt		
Fresh butternut squash, peeled, cubed 1/2"	4 lb	3 qt 2 cups	8 lb	1 gal 3 qt		
Canola oil		1/2 cup		1 cup		
Ground ginger		2 tsp		1 Tbsp 2 tsp		
Ground cinnamon		1 Tbsp 2 tsp		3 Tbsp 1 tsp		
Frozen orange juice concentrate	12 oz	1-1/2 cups	1 lb 8 oz	3 cups		
Extra virgin olive oil		2/3 cup		1-1/3 cups		
Honey		2 Tbsp 2 tsp		1/3 cup		
Dijon mustard		1 Tbsp		2 Tbsp		
Red wine vinegar		1 cup		2 cups		
Salt		1 tsp		2 tsp		
Ground black pepper		2/3 tsp		1-1/3 tsp		
Ground white pepper		1/2 tsp		1 tsp		
Fresh cilantro, finely chopped		2 Tbsp Option: Add additional for garnish		1/4 cup Option: Add additional for garnish		
Dried cranberries, finely chopped	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt		
Golden raisins, seedless, finely chopped	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt		

(continued)

(continued)

Serving: 1 cup provides (8 fl oz spoodle) 1/8 cup red/orange vegetable, 3/8 cup fruit, and 1 oz equivalent grains.	Yield: 50 servings: about 19 lb 100 servings: about 39 lb 8 oz	Volume: 50 servings: about 2 gal 2 qt, 2 steam table pans 100 servings: about 5 gal, 4 steam table pans
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NUTRIENTS PER SERVING					
Calories	297.80	Saturated Fat	0.91 g	Iron	2.36 mg
Protein	6.41 g	Cholesterol	0 mg	Calcium	44.35 mg
Carbohydrate	53.56 g	Vitamin A	3391.52 IU (170.84 RAE)	Sodium	58.43 mg
Total Fat	7.83 g	Vitamin C	15.22 mg	Dietary Fiber	5.56 g

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