

## Mediterranean Quinoa Salad

OTHER VEGETABLE, GRAINS

SALADS

Ingredients	50 servings		100 servings		For ____ servings	Directions
	Weight	Measure	Weight	Measure		
Quinoa, dry	3 lb 6 oz	2 qt 1/2 cup	6 lb 12 oz	1 gal 1 cup		<div>1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.</div> <div>2. Combine quinoa and broth 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. Fluff. Cover and refrigerate at 40 °F.</div> <div>3. Dressing: combine lemon juice, vinegar, garlic, oil, salt, and ground pepper. Mix well. Set aside.</div> <div>4. Combine red peppers, green onions, red onions, tomatoes, and black olives in a large bowl. Add dressing.</div> <div>5. Mix in cooled quinoa. Fold in feta cheese and parsley.</div> <div>6. Transfer to a steam table pan (12" × 20" × 2-1/2"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.</div> <div>7. Critical Control Point: Cool to 41 °F or lower within 4 hours. Cover and refrigerate until service.</div> <div>8. Portion with 6 fl oz spoodle (3/4 cup).</div>
Low-sodium chicken broth		1 gal		2 gal		
Lemon juice		1/2 cup		1 cup		
Red wine vinegar		1/2 cup		1 cup		
Fresh garlic, minced		2 Tbsp		1/4 cup		
Extra virgin olive oil		1/2 cup		1 cup		
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp		
Ground white pepper		1 tsp		2 tsp		
Fresh red bell peppers, diced	11 oz	2 cups	1 lb 6 oz	1 qt		
Fresh green onions, diced	4 oz	1 cup	8 oz	2 cups		
Fresh red onions, diced	6 oz	1 cup	12 oz	2 cups		
Fresh cherry tomatoes, halved	1 lb 6-1/2 oz	1 qt	2 lb 13 oz	2 qt		
Black olives, sliced	5 oz	1 cup	9-1/2 oz	2 cups		
Feta cheese, crumbled	6 oz	1 cup	12 oz	2 cups		
Fresh parsley, finely chopped		2 cups	2-1/2 oz	1 qt		
Serving: 3/4 cup (6 fl oz spoodle) provides 1/8 cup other vegetable and 1 oz equivalent grains.			Yield: 50 servings: about 9 lb 100 servings: about 18 lb		Volume: 50 servings: about 1 gal 2 cups, 2 steam table pans 100 servings: about 2 gal 1 qt, 4 steam table pans	

NUTRIENTS PER SERVING					
Calories	165.87	Saturated Fat	1.21 g	Iron	1.85 mg
Protein	6.66 g	Cholesterol	3.03 mg	Calcium	42.30 mg
Carbohydrate	22.66 g	Vitamin A	414.48 IU (24.27 RAE)	Sodium	278.10 mg
Total Fat	5.62 g	Vitamin C	12.38 mg	Dietary Fiber	2.67 g

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