

# Quinoa Pilaf

Component: Grain

Modified USDA Mixing Bowl Recipe

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Quinoa, dry	3 lb 14 oz	2 qt 1 ½ cup			<ol style="list-style-type: none"> <li>1. Rinse quinoa (or bulgur) in a fine mesh strainer until water runs clear, not cloudy. Set aside to drain.</li> <li>2. Bring chicken broth to a simmer. Hold hot for step 5.</li> <li>3. Heat oil on medium heat. Add shallots (or onions) and garlic. Cook for two minutes.</li> <li>4. In a large baking pan, combine onion and garlic mixture, quinoa (or bulgur), salt, bay leaf, pepper and thyme.</li> <li>5. Add hot chicken broth and quickly cover tightly with aluminum foil.</li> <li>6. Place in 350°F oven. Cook quinoa for about 20 minutes until grains are tender. Bulgur will require less cooking time. Do not overcook, remove before the grains become mushy.</li> <li>7. 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.</li> <li>8. Remove bay leaves and fluff grains with a fork.</li> <li>9. Serve immediately.</li> </ol>
OR	OR	OR			
Bulgur, dry (see notes)	2 lb 11 oz	2 qt			
Low sodium chicken broth for quinoa	124 oz				
OR	OR				
Low sodium chicken broth for bulgur	110 oz				
Canola oil		3 Tbsp			
Shallots or mild onion, minced (optional)	5 oz				
Garlic, peeled, minced (optional)	2 oz				
Salt (omit if low sodium chicken broth is not available)		1 tsp			
Bay leaf		4 leafs			
White pepper, ground		1 tsp			
Thyme, ground		½ tsp			

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## Notes:

Nutrient information calculated for recipe with quinoa using Food Processor.

**Serving:** ½ cup

1-2 years: ½ serving

3-5 years: ½ serving

6-18 years: 1 serving

## Nutrients Per Serving

<b>Calories</b>	141 kcal	<b>Saturated Fat</b>	0.42 g	<b>Iron</b>	1.67 mg
<b>Protein</b>	6.08 g	<b>Cholesterol</b>	0 g	<b>Calcium</b>	21.12 mg
<b>Carbohydrate</b>	22.25 g	<b>Vitamin A</b>	0.26 RAE	<b>Sodium</b>	69.53mg
<b>Total Fat</b>	3.23 g	<b>Vitamin C</b>	0.58 mg	<b>Dietary Fiber (2016)</b>	2.35 g