

Mediterranean Quinoa Salad

Component: Grains

Grains

B-25r

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Quinoa, dry OR Bulgur, dry (see notes)	3 lb 6 oz OR 3 lb 6 oz	2 qt ½ cup OR 2 qt ½ cup			<p>1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.</p> <p>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. Transfer to shallow pan(s). Cover and refrigerate.</p> <p>3. CCP: Cool to 41 °F or lower within 4 hours</p> <p>4. Dressing: combine lemon juice, vinegar, garlic, oil, salt, and ground pepper. Mix well. Set aside.</p> <p>5. Combine red peppers, green onions, red onions, tomatoes, and black olives in a large bowl. Add dressing.</p> <p>6 Mix in cooled quinoa. Fold in feta cheese and parsley.</p> <p>7. Transfer to a steam table pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p> <p>8. Critical Control Point: Cool to 41 °F or lower within 4 hours. Cover and refrigerate until service.</p>
Low sodium chicken broth		1 gal			
Lemon juice		½ cup			
Cider vinegar		½ cup			
Fresh garlic, minced (adjust if needed)		2 Tbsp			
Olive oil		½ cup			
Salt (omit if low sodium chicken broth is not available)		3 tsp			
Ground white pepper		1 tsp			
*Fresh red bell peppers, diced	5 ½ oz	1 cups			
*Fresh green onions, diced (optional)	2 oz	½ cup			
*Fresh red onions, diced (optional)	3 oz	½ cup			
*Fresh cherry tomatoes, diced	11 ½ oz	2 cup			
Black olives, sliced	2 ½ oz	½ cup			
Feta cheese, crumbled	3 oz	½ cup			
*Fresh parsley, finely chopped		1 cups			

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Notes:

No need to rinse bulgur, but it should be cooked according to directions for quinoa. Nutrient information calculated for version with quinoa using Food Processor



Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Red bell peppers	14 oz	1 lb 12 oz
Green onions	5 oz	10 oz
Red onions	7 oz	14 oz
Cherry tomatoes	1 lb 7 oz	2 lb 14 oz
Parsley	1 ½ oz	3 oz

Serving: ¾ cup provides ⅛ cup other vegetable and 1 oz equivalent grains.

1-2 years: ⅜ cup
 3-5 years: ⅜ cup
 6-18 years ¾ cup

Yield:

50 Servings: about 9 lb
100 Servings:

Volume:

50 Servings: about 1 gallon 2 cups 2 steam table pans
100 Servings:

Nutrients Per Serving

Calories	157.15	Saturated Fat	0.93 g	Iron	1.71 mg
Protein	6.27 g	Cholesterol	1.51 mg	Calcium	30.07 mg
Carbohydrate	21.68 g	Vitamin A	15.41 RAE mcg	Sodium	191.20 mg

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Total Fat

5.22 g

Vitamin C

7.71 mg

Dietary Fiber (2016)

2.40 g