


Aztec Grain Salad

Meal Components: Red/Orange Vegetable-Fruit-Grains

Grains B-24r

Ingredients	25 Servings		50 Servings		Directions Process #3: Complex Food Preparation
	Weight	Measure	Weight	Measure	
Quinoa, dry	2 lb 3 oz	1 qt 1 ½ cups	4 lb 6 oz	2 qt 3 cups	1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
Water		2 qt 3 cups		1 gal 1 ½ qt	
*Fresh Granny Smith apples, peeled, cored, cubed ¾"	1 lb 13 oz	1 qt 1 cup	3 lb 10 oz	2 qt 2 cups	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.
*Fresh butternut squash, peeled, cubed ½"	2 lb	1 qt 3 cups	4 lb	3 qt 2 cups	
Canola oil		¼ cup		½ cup	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.
Ground ginger		1 tsp		2 tsp	
Ground cinnamon		2 ½ tsp		1 Tbsp 2 tsp	4. Transfer apple/squash mixture to a sheet pan (18" x 26" x 1"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Frozen orange juice concentrate	6 oz	¾ cup	12 oz	1 ½ cups	
Extra virgin olive oil		⅓ cup		⅓ cup	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
Honey		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Dijon mustard		1 ½ tsp		1 Tbsp	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.
Red wine vinegar		½ cup		1 cup	
Salt		½ tsp		1 tsp	
Ground black pepper		⅓ tsp		⅓ tsp	

 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

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	Weight	Measure	Weight	Measure	
Ground white pepper		¼ tsp		½ tsp	
Fresh cilantro, finely chopped		1 Tbsp: Option: Add additional for garnish		2 Tbsp Option: Add additional for garnish	
Dried cranberries, finely chopped	10 oz	2 cups	1 lb 4 oz	1 qt	7. In steam table pan (12" x 20" x 4") combine quinoa, apple/squash mixture, cranberries, raisins, and dressing. Mix well. For 25 servings, use 1 pan. For 50 servings, use 2 pans. Option: garnish with additional chopped cilantro. Cover and refrigerate at 40 °F to allow flavors to combine.
Golden raisins, seedless, finely chopped	10 oz	2 cups	1 lb 4 oz	1 qt	8. Critical Control Point: Cool to 40 °F or lower within 4 hours. Refrigerate until ready to serve.
					9. Portion with 8 fl oz spoodle (1 cup).

Notes
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
1 cup provides (8 fl oz spoodle) ½ cup red/orange vegetable, ⅔ cup fruit, and 1 oz equivalent grains.	25 Servings: about 9 lb 8 oz	25 Servings: about 1 gallon 1 quart 1 steam table pan
	50 Servings: about 19 lb	50 Servings: about 2 gallons 2 quarts 2 steam table pans

Marketing Guide		
Food as Purchased for	25 servings	50 servings
Granny Smith apples	2 lb 6 oz	4 lb 12 oz
Butternut squash	2 lb 8 oz	5 lb

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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