

Aztec Grain Salad

Rating: ★★★★★

Prep time: 15 minutes

Cook time: 30 minutes

Makes: 6 Servings

Aztec Grain Salad combines a South American, high-protein grain called quinoa with aromatic roasted butternut squash, crisp apples, and dried cranberries to make a delicious and colorful side dish.

Ingredients

- 1 1/2 cups** Quinoa, dry
- 1 3/4 cups** Fresh granny smith apples, peeled, cored, cubed 3/4"
- 1 3/4 cups** Fresh butternut squash, peeled, seeded, cubed 1/2"
- 1 tablespoon** canola oil
- 1/4 teaspoon** ground ginger
- 3/4 teaspoon** ground cinnamon
- 1/4 cup** frozen orange juice concentrate
- 1 1/2 tablespoons** olive oil
- 1 teaspoon** honey
- 1/2 teaspoon** Dijon mustard
- 2 tablespoons** red wine vinegar
- 1 dash** salt
- 1 dash** ground black pepper
- 1 dash** ground white pepper
- 1/2 teaspoon** Fresh cilantro, chopped (Optional: use additional cilantro as a garnish)
- 1/3 cup** Dried cranberries, finely chopped
- 1/3 cup** Golden raisins, seedless, finely chopped

Directions



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	298	
Total Fat	8 g	
Protein	6 g	
Carbohydrates	54 g	
Dietary Fiber	6 g	
Saturated Fat	1 g	
Sodium	58 mg	

MyPlate Food Groups

Fruits	1/2 cup
Vegetables	1/4 cup
Grains	1 ounce

1. Preheat oven to 400 °F.
2. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa and 3 cups water in a medium pot. Cover and bring to a boil. Turn heat down to low 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 with a fork. Cover and refrigerate. A rice cooker may be used with the same quantity of quinoa and water.
3. Combine apples and squash in a large mixing bowl. Add canola oil, 1/8 tsp ginger, and 1/4 tsp cinnamon. Toss well to coat.
4. Pour apples/squash mixture onto a large baking sheet and place in oven at 400 °F. Roast for 15 minutes or until squash is soft and slightly brown on the edges. Do not overcook. Remove and set aside to cool.
5. In a medium mixing bowl, combine orange juice, olive oil, honey, Dijon mustard, red wine vinegar, salt, peppers, cilantro, and remaining ginger and cinnamon. Whisk together to make dressing.
6. In a large mixing bowl, combine quinoa, apples/squash mix, cranberries, raisins, and dressing. Toss well to combine. If desired, garnish with additional cilantro. Cover and refrigerate for about 2 hours. Serve chilled.

Notes

Our Story

Novi Meadows, an upper elementary Blue Ribbon Exemplary School, drew on the talents and hard work of students, staff, parents, and the community to create their unique recipe. The school's School Nutrition Action Committee (SNAC) brainstormed recipe ideas that would not only fulfill the nutritional requirements of the contest, but would also be appealing to the students. The SNAC wanted to come up with something that was different and chose quinoa as the whole grain to feature in the recipe. Quinoa was then paired with traditional American fall produce to create a unique flavor experience. Aztec Grain Salad was named by the students, and it is a fantastic side dish to offer children.

Novi Meadows 6th Grade Upper Elementary School

Novi, Michigan

School Team Members

School Nutrition Professional: JoAnn Clements

Chef: Ina Cheatem (Natural Food Chef, Fresh Delights)

Community Member:Michelle Thompson

Students:Cory G., Bryan T., and Jackie D.

Recipes for Healthy Kids Cookbook for Homes