

Quinoa & Kale Quiche

Makes: 50 servings

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Ingredients	Weight	Measure
Quinoa, dry		8 1/3 cups
Kale, fresh		4 cups
Onions		4 cups
Olive oil		2/3 cup
Eggs		25 large
Water		1/2 gallon 1/2 cup
Salt		1 Tbsp 1 tsp



Directions

1. Rinse quinoa.
2. Put quinoa in a 4 inch deep hotel pan with 1/2 gallon and 1/2 cup water. Steam until quinoa is cooked.
3. Wash, clean and dry kale.
4. Finely chop kale.
5. Peel and chop onions, small dice.
6. Put olive oil in a sheet pan and sauté onions; until translucent. Approximately 5-8 minutes on med. heat.
7. Add kale to onions and continue to sauté for another 2 – 3 minutes.
8. Add quinoa to veggies.
9. Beat eggs.
10. Add eggs and salt to quinoa and veggies. Mix.

11. Spread mixture evenly into 1 large sheet tray pan.
12. Bake at 350° for 20 minutes or until firm. Thermometer should read 165°F.
13. For 1/4 cup serving, cut into 1.5" x 1.5" squares.
14. Hold on steam table at 145° F.