

Peppy Quinoa

Meal Components: Vegetable - Other, Grains

Side Dishes, B-27r

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Pepitas (pumpkin seeds), dried		1/2 cup	3 3/4 oz	1 cup	<ol style="list-style-type: none"> 1. Roast pepitas in oven until light brown and aromatic: Conventional oven: 350 °F for 10 minutes. Convection oven: 350 °F for 7 minutes 2. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. 3. Combine quinoa, water, and base 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. 4. Lightly coat steam table pan (12" x 20" x 2 1/2") with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans. 5. Transfer quinoa to steam table pan. 6. Add onions, chilies, and garlic. Mix well.
Quinoa, dry	2 lb 1 oz	1 qt	4 lb 2 oz	2 qt	
Water		2 qt 2 cups		1 gal 1 qt	
Low-sodium chicken base	2 1/2 oz	3 Tbsp	5 oz	1/4 cup 2 Tbsp	
*Fresh onions, diced	8 oz	1 1/2 cups 1 Tbsp	1 lb	3 cups 2 Tbsp	

Fresh garlic, minced	2 oz	1/4 cup	4 oz	1/2 cup
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7. Cover pan with parchment paper and then seal with a sheet of aluminum foil.

8. Bake: Conventional oven: 350 °F for 40 minutes
Convection oven: 350 °F for 30 minutes

Fresh cilantro, chopped	2 1/2 oz	3 1/2 cups	5 oz	1 qt 3 cups
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9. Toss in cilantro, green onions, pepitas and optional lime juice to taste.

Fresh green onions, diced	1 1/2 oz	1/2 cup	3 oz	1 cup
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Fresh lime juice (optional)		1/2 to 1 cup		1 to 2 cups
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10. Hold for hot service at 135 °F or higher.

11. Portion with No. 8 scoop (1/2 cup).

Notes

Our Story

The recipe challenge team at Sartell Middle School featured quinoa as its key ingredient. From South America, this versatile whole grain can be prepared in many different ways. As a light and fluffy alternative to rice or couscous, children are sure to enjoy quinoa—a nutty-flavored whole grain.

The team members all had one thing in common: a passion for serving healthy food to students. The recipes they developed were based on the suggestions of the students.

While testing Peppy Quinoa, more than 300 surveys were completed. The results were overwhelmingly positive, and the team realized that they had a winning recipe in their hands. Move over pasta, quinoa is in the house!

Sartell Middle School

Sartell, Minnesota

School Team Members

School Nutrition Professional: Janice Sweeter

Chef: Paul Ruzsat

Community Members: Kelly Radi (Parent) and Lori Domburg (Teacher)

Student: Bryan S.

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

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

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Mature onions	9 oz	1 lb 2 oz
Green onions	4 oz	8 oz

Serving	Yield	Volume
1/2 cup (No. 8 scoop) provides 1/8 cup other vegetable and 1 1/4 oz equivalent grains.	<p>25 Servings: about 6 lb</p> <p>50 Servings: about 12 lb</p>	<p>25 Servings: about 3 gallons 2 cups 1 steam table pan</p> <p>50 Servings: about 6 gallons 1 quart 2 steam table pans</p>

Nutrients Per Serving					
Calories	174.7	Saturated Fat	0.49 g	Iron	2.31 mg
Protein	6.38 g	Cholesterol	0.28 mg	Calcium	34.49 mg
Carbohydrate	28.6 g	Vitamin A	243.85 IU	Sodium	93.07 mg
Total Fat	3.85 g	Vitamin C	9.53 mg	Dietary Fiber	3.42 g