

# Aztec Grain Salad

Meal Components: Fruits, Vegetable, Vegetable - Red / Orange, Grains

Salads, Side Dishes, B-24r

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Quinoa, dry	2 lb 3 oz	1 qt 1 1/2 cups	4 lb 6 oz	2 qt 3 cups	<ol style="list-style-type: none"> <li>1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.</li> <li>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.</li> </ol>
Water		2 qt 3 cups		1 gal 1 1/2 qt	
*Fresh Granny Smith apples, peeled, cored, cubed 3/4"	1 lb 13 oz	1 qt 1 cup	3 lb 10 oz	2 qt 2 cups	<ol style="list-style-type: none"> <li>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.</li> <li>6. Toss well to coat</li> </ol>
*Fresh butternut squash, peeled, cubed 1/2"	2 lb	1 qt 3 cups	4 lb	3 qt 2 cups	
Canola oil		1/4 cup		1/2 cup	
Ground ginger		1 tsp		2 tsp	
Ground cinnamon		2 1/2 tsp		1 Tbsp 2 tsp	<ol style="list-style-type: none"> <li>4. Transfer apple/squash mixture to a sheet pan</li> </ol>

5. Roast until squash is soft and slightly brown on the edges. DO NOT OVERCOOK.

Frozen orange juice concentrate	6 oz	3/4 cup	12 oz	1 1/2 cups	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.
Extra virgin olive oil		1/3 cup		2/3 cup	
Honey		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Dijon mustard		1 1/2 tsp		1 Tbsp	
Red wine vinegar		1/2 cup		1 cup	
Salt		1/2 tsp		1 tsp	
Ground black pepper		1/3 tsp		2/3 tsp	
Ground white pepper		1/4 tsp		1/2 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:

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

### 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.

\*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
Granny Smith apples	2 lb 6 oz	4 lb 12 oz
Butternut squash	2 lb 8 oz	5 lb

Serving	Yield	Volume
1 cup provides (8 fl oz spoodle) 1/8 cup red/orange vegetable, 3/8 cup fruit, and 1 oz equivalent grains.	<p><b>25 Servings:</b> about 9 lb 8 oz</p> <p><b>50 Servings:</b> about 19 lb</p>	<p><b>25 Servings:</b> about 1 gallon 1 quart 1 steam table pan</p> <p><b>50 Servings:</b> about 2 gallons 2 quarts 2 steam table pans</p>

**Nutrients Per Serving**

Calories	298	Saturated Fat	1 g	Iron	2 mg
Protein	6 g	Cholesterol		Calcium	44 mg
Carbohydrate	54 g	Vitamin A	3392 IU	Sodium	58 mg
Total Fat	8 g	Vitamin C	15 mg	Dietary Fiber	6 g