



# Lemon and Herb Quinoa



**No.** E-303-00

**Yield** 100 Portions

**Each Portion**  $\frac{3}{4}$  cup (5-5/8 oz)

**Pan Size and Number**

Steam-Jacketed Kettle, 12 x 20 x 2-1/2-Inch Steam Table Pans (3)

**Time** 37 min.

**Cereals and Pasta Products**

**Go for Green® Color and Sodium Codes**

Green (Eat Often) Moderate Sodium

## Nutrition Facts

Calories 187

Carbohydrates  
30 g

Sugars\* 1 g

Protein 6 g

Fat 5 g

Saturated Fat  
0.5 g

Cholesterol 0 mg

Sodium 421 mg

Calcium 35 mg

Fiber 3.5 mg

## Ingredients

Ingredient	Measure	Weight	Approx. Issue
WATER, WARM	2-3/4 gal	23 lb	
VEGETABLE BASE, LOW SODIUM	1/2 cup	5 oz	
ONIONS, YELLOW, DICED 1/2-INCH	1 gal + 1-1/4 qt	6 lb 4 oz	7 lb
THYME LEAVES, DRIED	1/4 cup + 1 tsp	0.51 oz	
OIL, CANOLA	1 cup	7-1/2 oz	
QUINOA, WHITE, DRY	1-1/2 gal	8 lb 12 oz	
LEMON ZEST, FRESH	1 cup	1-1/4 oz	

SALT	¼ cup + 1 tbsp + 1 tsp	3-½ oz	
PEPPER, BLACK, GROUND	2 tsp	0.14 oz	
LEMON JUICE, FRESH	¾ cup	5-¾ oz	
PARSLEY, FRESH, CHOPPED	3 cups	2-¾ oz	3 oz

## Directions

- 1 In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe; this is critically important to ensure the safety of this food.
- 2 Reconstitute vegetable broth with warm water. Reserve for use in Step 5.
- 3 In a steam-jacketed kettle or stock pot sauté onions and thyme in oil for 5 minutes or until onions are tender, stirring occasionally.
- 4 Add quinoa to onion-thyme mixture; cook for 2 minutes, stirring occasionally.
- 5 Add reserved vegetable broth, lemon zest, salt and pepper to quinoa mixture; mix until ingredients are incorporated. Bring liquid to a boil, reduce heat; cover and simmer for 25 to 30 minutes or until the quinoa has absorbed all of the liquid. CCP: Internal temperature must reach 135°F (57°C) for 15 seconds.
- 6 Remove quinoa from heat and stir in lemon juice and parsley.
- 7 Transfer 1 gal + 2-¼ qt (11 lb 11 oz) quinoa to each (12 x 20 x 2-½-inch) steam table pan.
- 8 Serve immediately or CP: hold for hot service at 135°F (57°C).

### Recipe Notes

1. Le Gout Vegetable Base, Low Sodium was used in the development of this recipe. If using a different brand of vegetable base, refer to manufacturer's label for reconstitution instructions.
2. In Step 7, bottled lemon juice can be used to replace fresh lemon juice.
3. \*Sugars represent the total grams of sugar in the recipe, naturally occurring and added sugar combined.