



## Latin Chipotle-Lime Quinoa Salad

**Yield** 100 Portions  
**Each Portion** 1 cup

Calories	Carbs	Protein	Fat	% Cal from Fat	Chol.	Sodium	Fiber/Dtry	Calcium
240 cal.	27 g.	5 g.	14 g.	50%	0 mg.	210mg.	4 g.	2%

Ingredients	Weight	Measure	Issue
InHarvest Red Quinoa	6 lbs.		
Hot Water		6 qts.	
Lime Juice		3 c. (25-30 each)	
Canned chipotles in adobo sauce (use sauce only, add chipotle for more heat)		1 ½ c.	
Olive oil		3 c.	
sugar		¾ c.	
Scallions, 1/8" sliced		10 bunches (9 c.)	
Cilantro, fresh, chopped		6 bunches (6 c.)	
Roasted corn, fresh (frozen also ok)		11 c.	
Roma Tomatoes, seeded and ¼" diced		16 each	
Avocados, ¼" diced		10 each	
Lime juice to coat avocados		½ c.	
Kosher salt		3 T.	

### METHOD

1. Preheat oven to 350. Add 2 quarts hot water and one two pound sleeve of quinoa to a full 2.5" hotel pan, cover and cook for 17 minutes or until quinoa is cooked. Remove from oven and place in fridge to cool.
2. Slowly whisk olive oil into lime juice and adobo sauce until blended. Adjust flavor with sugar (and salt if desired).
3. Add chipotle lime dressing to Quinoa and mix well.
4. Dice avocado and coat with lime juice to prevent browning.
5. Gently stir in remaining ingredients and mix well. Chill before service.

\*Serve in a wrap, or as stuffed bell peppers or tomatoes.