



Quinoa Garden Pilaf

Yield 100 Portions
Each Portion 6 oz.

Calories	Carbs	Protein	Fat	% Cal from Fat	Chol.	Sodium	Fiber/Dtry	Calcium
150	28 g.	4 g.	2.5 g.	15%	0 mg.	90 mg.	4 g.	4%

Ingredients	Weight	Measure	Issue
InHarvest White Quinoa	8 lbs.		
Vegetable Stock, boiling		8 qts.	
Garlic, fresh, minced		4 T.	
Celery, ¼-inch dice		4 c.	
Onion, ¼-inch dice		4 c.	
Carrot, ¼-inch dice		4 c.	
Italian parsley, fresh chopped		4 c.	

METHOD

1. Into each of 4 hotel pans, add 2 lbs. InHarvest White Quinoa, 2 qts. hot stock, 1 T. minced garlic, 1 c. diced celery, 1 c. diced onion, 1 c. diced carrot and mix until combined.
2. Cover with foil and place in 350°F oven for 21 minutes.
3. Stir in 1 c. fresh chopped Italian parsley into each pan before serving.