



GROUP RECIPE PRO - USAF - 2

Salad -Quinoa and Bean

Categories: Pure Food Bar, Salads, Side, Vegan

Yield: Portion Size: Portions:

15 lb 1 cup 60

Step 1

- 1 qt • Quinoa
- 4 oz • Olive oil
- .5 pt • Red onion • small diced
- 1 tbsp • Garlic cloves • minced
- Kosher salt as needed
- Black pepper as needed
- 1.50 qt • Vegetable stock

Prepare the Toasted Quinoa Pilaf:

Place quinoa on a sheet pan and toast in oven for about 8-10 minutes.

Next, in a tilt skillet or pot, heat oil over medium high heat.

Add the onion and garlic, and cook, stirring frequently, until cooked, about 2 minutes.

Add in toasted quinoa. Pour the vegetable stock over the quinoa. Season with salt and black pepper.

Bring to a boil, then reduce the heat to a simmer. Cook, covered, at a bare simmer for 12 to 15 minutes, or until the grain is tender and all the liquid is absorbed. Allow to rest for 5 minutes.

Step 2

- 5 tbsp • Cajun Seasoning
- 1 tbsp • Granulated garlic
- 1 tbsp • Kosher salt
- .5 qt • Olive oil
- .5 qt • Lemon juice

Prepare the Vinaigrette:

Mix together the spices, garlic, salt and lemon juice. Blend in the olive oil.

Step 3

- 3.75 lb • Canned chickpeas
- 3.75 lb • Canned White beans
- .75 lb • Red onion • thin sliced - 1.5 inch
- 1 lb • Red pepper • Thin strips, Roasted
- 2 qt • Pearl barley • cooked
- .5 lb • Black olives • sliced thin

Drain and rinse the chickpeas and the white beans.

Toss the chickpeas, white beans, onion, peppers, olives, quinoa pilaf with the Vinaigrette.

Step 4

1 cup • Fresh mint leaves • rough chopped

1 cup • Fresh parsley • rough chopped

Toss in the mint and parsley, mix well. Serve in Pure Food Bar or hot in the Specialty Kitchen.

Nutritional Analysis

Calories	304		
Protein	7g	28	9%
Carbs	34g	136	45%
Fat	16g	144	47%
Cholesterol			
Sodium	315mg		

Information is on a per portion basis.

Notes

Saturated Fat: 2g

Fiber: 16g

Sugar: 2g

G4G Code: Green

Sodium Code: Moderate

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