



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

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Mandarin Orange & Spinach Salad with Quinoa

Makes: 50 Servings



50 Servings

Ingredients	Weight	Measure
Mandarin Oranges, canned w/juice	8 1/2 lb	17 cup
Quinoa, uncooked	1 lb 14 1/2 oz	1 3/4 cup
Water	28 oz	3 1/2 cup 4 tsp
Lettuce, Romain Salad Blend	3 lb 14 1/2 oz	25 cup
Spinach, raw	2 lb	12 1/2 cup
Beans, Garbanzo, canned	7 lb 15 oz	12 1/2 cup
Pepper, sweet red bell, raw, diced	12 1/2 oz	2 1/2 cup
Onion, red, raw, diced	12 1/2 oz	1 1/2 cup 1 Tbsp
Garlic, Raw		1 Tbsp 1 1/8 tsp
Ginger root, raw		1 Tbsp 1 1/8 tsp
Vinegar, Apple Cider	12 1/2 oz	1 1/2 cup 1 Tbsp
Soy Sauce, low sodium, NON MSG	8 1/3 oz	1 cup 2 tsp
Vegetable oil, canola	12 1/2 oz	1 1/2 cup 1 tsp

Directions

1. Drain Mandarin oranges and RESERVE JUICE. *NOTE- reserve 50 oz of juice for 50 servings and 6 oz of juice for 6 servings. Refrigerate oranges until use.
2. Combine quinoa, water and 2/3 reserved mandarin orange juice * 33 oz for 50 servings/ 4 oz for 6 servings in a 12"x20"x2 1/2" steam table pan. (*use 1/4 steam table pan for 6 servings) Cover and cook in steamer 15-18 minutes until all liquid is absorbed. Quick chill mixture in ice bath until temperature reaches 41 degrees F and refrigerate until use.
3. Peel and mince raw ginger root and garlic.
4. In a bowl, blend together vinegar, soy sauce, minced garlic, minced ginger and remaining mandarin orange juice *17oz for 50 servings and 2 oz for 6 servings SLOWLY drizzle in vegetable oil and whisk until well blended. Using a 1 oz ladle, place 1 oz of dressing in a 2 oz soufflé cup, cover with lid and refrigerate until service.
5. Rinse and drain garbanzo beans.
6. Assemble each salad by placing 1/2 cup Romaine Salad Blend in bottom of individual salad container. Top each salad with 1/4 cup raw spinach, 1/4 cup cooked chilled quinoa, 1/4 cup garbanzo beans, 1/2 tablespoon diced red onions, 1/2 tablespoon diced red bell pepper and 1/4 cup of mandarin oranges. Serve with 1 oz of dressing on side.
7. CCP: Refrigerate and hold for cold service at 41 degrees F or lower.

Notes

Serving Tips:

*Dried spices may be use in place of raw garlic and raw ginger but may effect the overall flavor; reduce the amounts used by 1/2.

My Notes

Source: Ira B. Jones Elementary (Recipes for Healthy Kids Competition)

