

## GREEK QUINOA

## Vegetable-Grains-Main Dishes

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Quinoa		2.5 qt dry		5 qt dry	<ol style="list-style-type: none"> <li>1. Cook quinoa: measure and put quinoa and water in a pot, add a pinch of salt, bring to a boil, then drop to a simmer, cover, and set timer for 15 minutes.</li> <li>2. Cut all the vegetables in a medium-sized dice and put them in a big bowl.</li> <li>3. Make vinaigrette by placing all the ingredients into a bowl and mixing.</li> <li>4. Check quinoa; at 15 minutes see if all the water has been absorbed. Scoop quinoa out of pot and spread out on a parchment-lined cookie sheet to dry.</li> <li>5. Combine cooked quinoa, vinaigrette, and chopped vegetables in a big bowl.</li> <li>6. To serve: in a bowl or plate, put a scoop of Greek quinoa salad next to a scoop of hummus and serve with 2-3 pita triangles for dipping.</li> </ol>
Water		5 qt		10 qt	
Carrots, peeled and chopped		5 qt		10 qt	
Yellow bell pepper, chopped		5 qt		10 qt	
Cherry tomatoes, halved		5 qt		10 qt	
Red onion, diced and macerated with salt		2 1/2 qt		5 qt	
Salt (to macerate onion)		3 1/2 Tbsp		7 Tbsp	
Vinaigrette:					
White wine vinegar		3 1/4 cups		1 qt plus 2 1/2 cups	
Dijon mustard		2 1/2 Tbsp		3/4 cup plus 1 Tbsp	
Olive oil		1 1/2 cups		3 cups	
Salt		2 1/2 tsp		1 Tbsp plus 2 tsp	
Oregano, dried		1 tsp		3 1/3 oz	

Serving	Yield	Volume
1 cup	50 Servings	3 gal, 1/2 qt
Meal component contribution: Each serving provides 1 1/4 cups vegetables and 1 1/2 serving grains.	100 Servings	6 gal, 1 qt

Nutrients Per Serving							
Calories	248 kcal	Saturated Fat	1.20 g	Iron	2.37 mg	% of calories from fat	32.15%
Protein	6.88 g	Cholesterol	0 g	Calcium	58 mg	% of calories from saturated fat	4.31%
Carbohydrate	36.14 g	Vitamin A	895 mcg	Sodium	560 mg	% of calories from sugar	17.37%
Total Fat	9.00 g	Vitamin C	124.60 mg	Dietary Fiber	5.65 g		



*Recipe from Novato Unified School District: Winner of PCRM's 2012 Golden Carrot Award*

**Notes:** Equipment list: 3 big bowls, 1 medium bowl, measuring cup, large food processor, paring knives, 8 inch knives, pestle and pastry brush, spatula, measuring spoons. HACCP: 2)PHF-Same Day Service.

Recipe adapted from Novato Unified School District and chef Hollie Greene.

## LEMONY HUMMUS

## Meat/Meat Alternate-Main Dishes

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Beans, garbanzo, cooked or canned, low sodium		4 1/2 qt plus 3/4 cup		9 qt plus 1 1/2 cups	<ol style="list-style-type: none"> <li>1. Make the hummus in the small food processor by combining all the ingredients and pulsing until smooth.</li> <li>2. Add more water if needed.</li> <li>3. To serve: in a bowl or plate, put a scoop of Greek quinoa salad next to a scoop of hummus and serve with 2-3 pita triangles for dipping.</li> </ol>
Garlic cloves, smashed and macerated with salt	2 1/2 oz		5 oz		
Salt (to macerate garlic cloves)		1 Tbsp plus 1/2 tsp		3 Tbsp plus 1 tsp	
Lemons, juiced		10 lemons or 2 1/2 cups fresh lemon juice		20 lemons or 5 cups fresh lemon juice	
Olive oil		2 1/2 cups		5 cups	
Water		2 1/2 cups		5 cups	
Tahini (optional)	5 oz		10 oz		
Whole-wheat pita bread; cut in half and then into 6 triangles		25 pita breads		50 pita breads	

Serving	Yield	Volume
6 oz. scoop	50 Servings	2 gal, 1 1/3 qt
Meal component contribution: Each serving provides 1 ounce meat/meat alternate.	100 Servings	4 gal, 2 3/4 qt

Nutrients Per Serving							
Calories	222 kcal	Saturated Fat	1.15 g	Iron	1.42 mg	% of calories from fat	34.14%
Protein	7.78 g	Cholesterol	0 g	Calcium	35 mg	% of calories from saturated fat	4.55%
Carbohydrate	30.31 g	Vitamin A	2 mcg	Sodium	337 mg	% of calories from sugar	4.23%
Total Fat	8.69 g	Vitamin C	4.21 mg	Dietary Fiber	5.53 g		



**Notes:** Equipment list: 1 medium bowl, measuring cup, large food processor, paring knives; 8 inch knives, spatula, measuring spoons. HACCP: 2)PHF-Same Day Service.

Recipe adapted from Novato Unified School District and chef Hollie Greene.