



## Recipe Production

**Recipe Number:** FS043

**Recipe Name:** QUINOA TABOULI

**Hot:** Yes

**Recipe Source:** Boulder Valley School District

**HACCP Process Category:**

Complex

**Serving Description:** 1 cup or 8 oz weight

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
96	1 CUP				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
3552	QUINOA 25 LB	8	Pound			(Unassigned)
TAP	WATER	2	Gal.			(Unassigned)
2547	TOMATO CHERRY 12/PT	6	Pound			(Unassigned)
2564	CUCUMBER 45 LB	6	Pound			(Unassigned)
2599	PARSLEY FRESH 6 CT	1	Pound	8	Ounce	(Unassigned)
1011	SALT KOSHER 12/3 LB	4	Tbsp			(Unassigned)
1104	SPICE PARSLEY COARSE ORG 25 OZ	1 1/3	TBSP			(Unassigned)
1311	OIL OLIVE CANOLA BLEND 10 L	1	Cup			(Unassigned)
2008	JUICE LEMON FRESH 16/32 OZ	1	Quart			(Unassigned)

**Cooking Instructions**

**Cooking Temperature:** 0      **Cooking Times:**    **Hours:** 0      **Minutes:** 0

**Pre-Preparation Instructions**

Recipe Source: Boulder Valley School District Food Services  
Cucumbers with peel yield 98%

**Preparation Instructions**

Cook quinoa and water in steamer for approximately 15 minutes.  
Alternative method: Bring water to a boil, add quinoa, bring back to a boil, reduce to a simmer and cook 15 - 20 minutes until "bloomed" and tender.  
Chop parsley, deseed and slice cucumbers into half moons. Cut cherry tomatoes in half.  
Whisk together the lemon juice, olive oil, and salt.  
Serve on salad bar.

**Serving Instructions**



## Recipe Production

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Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	16,808.5726	90.6085	175.0893		
Saturated Fat	g	32.6679	0.1761	0.3403	1.75	
Sodium	mg	31,479.3547	169.6930	327.9099		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	404.0914	2.1783	4.2093	21.64	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	2,647.9366	14.2740	27.5827	63.01	
Total Dietary Fiber	g	356.8797	1.9238	3.7175		
Protein	g	494.3965	2.6651	5.1500	11.77	
Vitamin A (RE)	RE	5,572.2982	30.0381	58.0448		
Vitamin A (IU)	IU	91,963.8926	495.7417	957.9572		
Vitamin C	mg	1,350.8855	7.2821	14.0717		
Calcium	mg	2,531.8830	13.6484	26.3738		
Iron	mg	56.3201	0.3036	0.5867		
Moisture	g	13,290.5308	71.6441	138.4430		*
Ash	g	128.0188	0.6901	1.3335		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
3552	QUINOA 25 LB	1.00	(Unassigned)	8	0.00	LB	/
TAP	WATER	1.00	(Unassigned)	0	0.00	UNLIMITED	/
2547	TOMATO CHERRY 12/PT	1.00	(Unassigned)	7	0.56	PINT	/
2564	CUCUMBER 45 LB	1.00	(Unassigned)	6	0.00	LB	/
2599	PARSLEY FRESH 6 CT	1.00	(Unassigned)	12	0.00	BUNCH	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.05	BOX (3 LB)	/
1104	SPICE PARSLEY COARSE ORG 2	1.00	(Unassigned)	0	0.06	OZ	/
1311	OIL OLIVE CANOLA BLEND 10 L	1.00	(Unassigned)	0	0.02	CONTAINER (	/
2008	JUICE LEMON FRESH 16/32 OZ	1.00	(Unassigned)	1	0.00	CONT (32 FL (	/

**REPORT CRITERIA:**

Sections Filter(s):

Criteria Filter(s):

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