

# Quinoa and Chick Pea Salad with Dried Cranberries

BY **CHEF PAUL CORRENTY**, HARVARD SCHOOL DISTRICT

- 5 pounds dry red or white quinoa
- 1 #10 can chickpeas, rinsed and drained
- 4 cucumbers, peeled and seeds removed and then cut into small chunks (about 2½ pounds)
- 2 pounds dried cranberries (or cherries)
- 3 cups chopped fresh mint
- 1 large red onion, diced small

## Cider Vinaigrette:

- 2 tablespoons Dijon mustard
- ½ cup cider vinegar
- 1 cup vegetable oil
- 1 tablespoon sugar or honey
- 1 tablespoon salt
- 2 teaspoons ground pepper

**YIELD: 100 SERVINGS (K-5) \* SERVING SIZE: ¼ CUP**

Cook the quinoa according to directions for recipe 3.2. Add salt to taste.

Preheat oven to 350°F.

Spray oil on the sides of two 4-inch hotel pans.

Measure the quinoa and evenly divide it into the two pans. Place plastic wrap over. Bake.

Remove from oven. Toss all ingredients together with dressing. Chill, and then toss again before service.

## NUTRITIONAL INFORMATION

CALORIES: 116; SODIUM: 116.65 MG; SATURATED FAT: 2.54%

## USDA REQUIREMENTS MET:

⅔ OUNCE EQUIVALENT GRAIN