

Quinoa

BY **HARVARD SCHOOL DISTRICT**

Substitute quinoa in any dish that calls for rice. Quinoa is one of the most nutritionally dense foods available. It contains twice the fiber of other grains and is high in protein, and unlike meat, it provides all nine essential amino acids.

19 cups red or white quinoa
(7¾ pounds)
1 tablespoon salt
1 tablespoon pepper, to taste
38 cups cold water

spray oil

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ½ CUP

Preheat oven to 350°F.

Measure the quinoa and evenly divide it into two 4-inch hotel pans.

Pour 19 cups cold water into each hotel pan.

Divide salt and pepper between pans.

Spray oil on the sides of the pan, and then place plastic wrap over the top. Then place foil over that.

Bake for 30 to 40 minutes or until tender.

NUTRITIONAL INFORMATION

CALORIES: 130; SODIUM: 75.21 MG; SATURATED FAT: 1.73%

MEAL COMPONENT CREDITS

1 OUNCE EQUIVALENT GRAIN