

Quinoa Cabbage Salad

M-300-00

Salad, Salad Dressings and Relishes

G4G Color Code

Green

Sodium Code

Moderate

Time

15 min.

Yield

100 Portions

Each Portion

¾ cup (3-¾ oz) (2-No. 10 scoops per portion)

Pan Size and Number

Steam-Jacketed Kettle, 18 x 26-inch Sheet Pans (2)

Nutrition Facts

Calories 124

Carbohydrates 21 g

Sugars* 2 g

Protein 4 g

Fat 3 g

Saturated Fat 0.4 g

Cholesterol 0 mg

Sodium 437 mg

Calcium 29 mg

Fiber 3 g

Ingredients

Item	Measure	Weight	Approx issue
QUINOA, WHITE	3 qt + 1-½ cups	5 lb 10 oz	
WATER, BOILING	1-½ gal	12 lb	
VEGETABLE BASE, LOW SODIUM, MSG FREE	⅓ cup	3-⅓ oz	
CABBAGE, GREEN, FINELY SHREDDED	2-½ gal	6 lb 4 oz	7 lb 13 oz
TOMATO, FRESH, DICED ¼-INCH	2-¾ qt	4 lb 5 oz	4 lb 9 oz
ONION, RED, MINCED	7-¼ cups	3 lb 8 oz	3 lb 14 oz
CORN, FROZEN, WHOLE KERNEL, THAWED	1-¾ qt	2 lb 11 oz	
LIME JUICE, FRESH	1 cup	8-⅔ oz	5 limes
OLIVE OIL	½ cup + 2 tbsp	4-¾ oz	
SALT	⅓ cup	3-⅓ oz	
CILANTRO, FRESH, MINCED	¾ cup	3-⅓ oz	4-½ oz

Directions

Thaw CP: Thaw corn under refrigeration at 41°F (5°C).

1. In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe; this is critically important to ensure the safety of this food.
2. Rinse the quinoa thoroughly under cold running water; drain. Reserve for use in Step 6.
3. To prepare broth: Using a wire whisk, combine the water and vegetable base in a mixing bowl; stir until completely dissolved.
4. Pour vegetable broth into steam jacketed kettle or stockpot. Add quinoa to broth; stir. Bring to a boil; reduce heat; simmer, covered, for 13 to 15 minutes until the quinoa is tender or until the broth has been absorbed.
5. Transfer quinoa evenly to two (18 x 26-inch) sheet pans; spread in a thin layer to cool. CP: Refrigerate at 41°F (5°C) for about 10 minutes.
6. Combine chilled quinoa, cabbage, tomatoes, onions, corn, lime juice, oil, salt and cilantro; toss lightly but thoroughly.
7. Cover. CP: Refrigerate cabbage salad at 41°F (5°C) about 2 hours to allow flavors to blend thoroughly.
8. Transfer to serving pans. CP: Refrigerate at 41°F (5°C) for cold service.

Recipe Notes

1. In Step 5, Minor's Low Sodium Vegetable Base was used in the development of this recipe.
2. In Step 8, ½ cup + 2 tbsp bottled lime juice may be substituted for fresh lime juice.
3. * Sugars represent the total grams of sugar in the recipe, naturally occurring and added sugar combined.