



Peppy Quinoa

Peppy Quinoa

Recipe HACCP Process: #3 Complex Food Preparation

Serving Size: ½ cup

Yield: 50

Source: JSI Back to Basics: Latin American Cuisine Recipe (*adapted from: USDA Team Nutrition's Recipes for Healthy Kids Cookbook for Schools*)

Ingredients:

Ingredient Name	Measurements
Quinoa, uncooked	4 lb
Water	1 ¼ gallon
Chicken broth, low sodium	¼ cup + ½ tsp
Onions, red, raw	2 1/8 lb
Diced green chilies	2 1/3 lb
Garlic, canned, raw	8 cloves
Salt, table	1 ½ Tbsp
Cilantro, minced	1 cup
Onions, spring or scallions	½ lb
Lime juice, raw	1 cup

**Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.*

Instructions:

1. Pre-heat oven to 350°F.
2. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
3. Combine quinoa, water, and broth in a covered stockpot and bring to a boil. Reduce heat and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel (white ring appears when it is fully cooked).

4. Finely chop red onion and mince garlic cloves.
5. Lightly coat a hotel pan with non-stick spray. Add quinoa, red onion, chilies, garlic, and salt. Mix well.
6. Cover with aluminum foil and bake for 40 minutes.
7. Dice green onion.
8. Before serving, add cilantro, green onions, and lime juice to the quinoa.
9. Hold for hot service at 135°F or higher.

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	153.89 kcal
Total Fat	2.40 g
Saturated Fat	0.31 g
Trans Fat	0.00 g
Cholesterol	0.58 mg
Sodium	309.56 mg
Total Carbohydrate	27.61 g
Dietary Fiber	3.72 g
Total Sugars	0.91 g
Protein	5.77 g

Meal Component Information:

Meal Components	Amount
Grain	1 oz equivalent

**Note: For schools with access to Mosaic, these recipes are also available to import from the Community recipe section by searching the recipe name or using the search term of "John C. Stalker" as the district.*