


Mediterranean Quinoa Salad

Meal Components: Other Vegetable-Grains

Grains B-25r

Ingredients	50 Servings		100 Servings		Directions Process #3: Complex Food Preparation
	Weight	Measure	Weight	Measure	
Quinoa, dry	3 lb 6 oz	2 qt ½ cup	6 lb 12 oz	1 gal 1 cup	1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. 2. Combine quinoa 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. The white ring will appear only when it is fully cooked. Fluff. Cover and refrigerate at 40 °F. 3. Dressing: combine lemon juice, vinegar, garlic, oil, salt, and ground pepper. Mix well. Set aside. 4. Combine red peppers, green onions, red onions, tomatoes, and black olives in a large bowl. Add dressing. 5. Mix in cooled quinoa. Fold in feta cheese and parsley. 6. Transfer to a steam table pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. 7. Critical Control Point: Cool to 41 °F or lower within 4 hours. Cover and refrigerate until service. 8. Portion with 6 fl oz spoodle (¾ cup).
Low-sodium chicken broth		1 gal		2 gal	
Lemon juice		½ cup		1 cup	
Red wine vinegar		½ cup		1 cup	
Fresh garlic, minced		2 Tbsp		¼ cup	
Extra virgin olive oil		½ cup		1 cup	
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Ground white pepper		1 tsp		2 tsp	
*Fresh red bell peppers, diced	11 oz	2 cups	1 lb 6 oz	1 qt	
*Fresh green onions, diced	4 oz	1 cup	8 oz	2 cups	
*Fresh red onions, diced	6 oz	1 cup	12 oz	2 cups	
*Fresh cherry tomatoes, halved	1 lb 6 ½ oz	1 qt	2 lb 13 oz	2 qt	
Black olives, sliced	5 oz	1 cup	9 ½ oz	2 cups	
Feta cheese, crumbled	6 oz	1 cup	12 oz	2 cups	
*Fresh parsley, finely chopped		2 cups	2 ½ oz	1 qt	

 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.


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Notes
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
¾ cup (6 fl oz spoodle) provides ⅓ cup other vegetable and 1 oz equivalent grains.	50 Servings: about 9 lb	50 Servings: about 1 gallon 2 cups 2 steam table pans
	100 Servings: about 18 lb	100 Servings: about 2 gallons 1 quart 4 steam table pans

 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide		
Food as Purchased for	50 servings	100 servings
Red bell peppers	14 oz	1 lb 12 oz
Green onions	5 oz	10 oz
Red onions	7 oz	14 oz
Cherry tomatoes	1 lb 7 oz	2 lb 14 oz
Parsley	1 ½ oz	3 oz

Nutrients Per Serving			
Calories	165.87	Saturated Fat	1.21 g
Protein	6.66 g	Cholesterol	3.03 mg
Carbohydrate	22.66 g	Vitamin A	414.48 IU
Total Fat	5.62 g		(24.27 RAE)
		Vitamin C	12.38 mg
		Iron	1.85 mg
		Calcium	42.30 mg
		Sodium	278.10 mg
		Dietary Fiber	2.67 g