

Peppy Quinoa

Meal Components: Other Vegetable-Grains

Grains B-27r

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Pepitas (pumpkin seeds), dried		½ cup	3 ¾ oz	1 cup	1. Roast pepitas in oven until light brown and aromatic: Conventional oven: 350 °F for 10 minutes Convection oven: 350 °F for 7 minutes
Quinoa, dry	2 lb 1 oz	1 qt	4 lb 2 oz	2 qt	2. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
Water		2 qt 2 cups		1 gal 1 qt	3. Combine quinoa, water, and base 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.
Low-sodium chicken base	2 ½ oz	3 Tbsp	5 oz	¼ cup 2 Tbsp	
					4. Lightly coat steam table pan (12" x 20" x 2 ½") with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans. 5. Transfer quinoa to steam table pan.
*Fresh onions, diced	8 oz	1 ½ cups 1 Tbsp	1 lb	3 cups 2 Tbsp	6. Add onions, chilies, and garlic. Mix well.
Canned diced green chilies	1 lb 3 oz	2 ½ cups	2 lb 6 oz	1 qt ¾ cup	
Fresh garlic, minced	2 oz	¼ cup	4 oz	½ cup	
					7. Cover pan with parchment paper and then seal with a sheet of aluminum foil. 8. Bake: Conventional oven: 350 °F for 40 minutes Convection oven: 350 °F for 30 minutes Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.

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

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	Weight	Measure	Weight	Measure	
Fresh cilantro, chopped	2 ½ oz	3 ½ cups	5 oz	1 qt 3 cups	9. Toss in cilantro, green onions, pepitas and optional lime juice to taste.
*Fresh green onions, diced	1 ½ oz	½ cup	3 oz	1 cup	
Fresh lime juice (optional)		½ to 1 cup		1 to 2 cups	10. Hold for hot service at 135 °F or higher. 11. Portion with No. 8 scoop (½ cup).

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
½ cup (No. 8 scoop) provides ⅓ cup other vegetable and 1 ¼ oz equivalent grains.	25 Servings: about 6 lb	25 Servings: about 3 gallons 2 cups 1 steam table pan
	50 Servings: about 12 lb	50 Servings: about 6 gallons 1 quart 2 steam table pans

Marketing Guide		
Food as Purchased for	25 servings	50 servings
Mature onions	9 oz	1 lb 2 oz
Green onions	4 oz	8 oz

Nutrients Per Serving					
Calories	174.70	Saturated Fat	0.49 g	Iron	2.31 mg
Protein	6.38 g	Cholesterol	0.28 mg	Calcium	34.49 mg
Carbohydrate	28.60 g	Vitamin A	243.85 IU	Sodium	93.07 mg
Total Fat	3.85 g	Vitamin C	9.53 mg	Dietary Fiber	3.42 g
			(12.13 RAE)		

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