2ND PLACE WINNER
Whole Grains

A nutritious whole grain called quinoa is mixed with a colorful variety of vegetables.

Mediterranean Quinoa Salad

BELLINGHAM MEMORIAL MIDDLE SCHOOL
Bellingham, Massachusetts

Our Story

Bellingham Memorial Middle School in Bellingham, Massachusetts, serves over 800 students in grades 5-8. The school seeks to establish itself as an exemplary middle school by developing programs that are responsive to student needs.

The parents, staff, and surrounding community work together to promote school ideals and ensure that each student has the opportunity to reach his or her fullest potential as a responsible member of society.

The recipe challenge team consisted of the Director of Food Service, two chefs, 24 students, and the Health and Wellness Specialist from the local YMCA. The team held an afterschool cooking class led by chefs to decide how they would develop a winning recipe. After a discussion on the value of healthy eating and a lesson on basic nutrition, the students were divided into four groups, and each group was assigned a cook-leader. The chosen recipe was Mediterranean Quinoa Salad. It features a nutritious whole grain called quinoa, mixed with a colorful variety of vegetables, including red bell peppers, parsley, and cherry tomatoes, feta cheese, and a light lemon dressing. The enticing side dish was served to over 200 5th and 7th grade students. As anyone can guess, this party of flavors received rave reviews.

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Jeanne Sheridan, SNS

CHEF
Rodney Poles (Whole Foods Market, partner chef from *Chefs Move to Schools* chefsmovetoschools.org)

COMMUNITY MEMBERS
Karen Ring (Healthy Eating Specialist, Whole Foods Market) and Lauren Marciszyn, RD, LDN (Youth and Community Wellness Director, YMCA)

STUDENTS
Dylan B., Elizabeth B., Taylin S., John G., and Nick D.

Mediterranean Quinoa Salad

Meal Components: Other Vegetable-Grains **Grains B-25r**

Ingredients	25 Servings		Directions Process #3: Complex Food Preparation
	Weight	Measure	
Quinoa, dry	1 lb 11 oz	1 qt ¼ cup	1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
Low-sodium chicken broth		2 qt	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.
Lemon juice		¼ cup	3. Dressing: combine lemon juice, vinegar, garlic, oil, salt, and ground pepper. Mix well. Set aside.
Red wine vinegar		¼ cup	
Fresh garlic, minced		1 Tbsp	
Extra virgin olive oil		¼ cup	
Salt		2 tsp	
Ground white pepper		½ tsp	
*Fresh red bell peppers, diced	5 ½ oz	1 cup	4. Combine red peppers, green onions, red onions, tomatoes, and black olives in a large bowl. Add dressing.
*Fresh green onions, diced	2 oz	½ cup	
*Fresh red onions, diced	3 oz	½ cup	
*Fresh cherry tomatoes, halved	11 ½ oz	2 cups	
Black olives, sliced	2 ½ oz	½ cup	
Feta cheese, crumbled	3 oz	½ cup	5. Mix in cooled quinoa. Fold in feta cheese and parsley.
*Fresh parsley, finely chopped		1 cup	
			6. Transfer to a steam table pan (12" x 20" x 2 ½"). For 25 servings, use 1 pan. 7. Critical Control Point: Cool to 40 °F or lower within 4 hours. Cover and refrigerate until service. 8. Portion with 6 fl oz spoodle (¾ cup).

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

Mediterranean Quinoa Salad

Meal Components: Other Vegetable-Grains **Grains B-25r**

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 ⅛ cup other vegetable and 1 oz equivalent grains.	25 Servings: about 4 lb 8 oz	25 Servings: about 2 quarts 1 cup 1 steam table pan

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

Marketing Guide	
Food as Purchased for	**25 servings**
Red bell peppers	7 oz
Green onions	2 ½ oz
Red onions	3 ½ oz
Cherry tomatoes	11 ½ oz
Parsley	¾ oz

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

Mediterranean Quinoa Salad

Meal Components: Other Vegetable-Grains **Grains B-25r**

Ingredients	50 Servings		Directions Process #3: Complex Food Preparation
	Weight	Measure	
Quinoa, dry	3 lb 6 oz	2 qt ½ cup	1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
Low-sodium chicken broth		1 gal	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.
Lemon juice		½ cup	3. Dressing: combine lemon juice, vinegar, garlic, oil, salt, and ground pepper. Mix well. Set aside.
Red wine vinegar		½ cup	
Fresh garlic, minced		2 Tbsp	
Extra virgin olive oil		½ cup	
Salt		1 Tbsp 1 tsp	
Ground white pepper		1 tsp	
*Fresh red bell peppers, diced	11 oz	2 cups	4. Combine red peppers, green onions, red onions, tomatoes, and black olives in a large bowl. Add dressing.
*Fresh green onions, diced	4 oz	1 cup	
*Fresh red onions, diced	6 oz	1 cup	
*Fresh cherry tomatoes, halved	1 lb 6½ oz	1 qt	
Black olives, sliced	5 oz	1 cup	
Feta cheese, crumbled	6 oz	1 cup	5. Mix in cooled quinoa. Fold in feta cheese and parsley.
*Fresh parsley, finely chopped		2 cups	
			6. Transfer to a steam table pan (12″ x 20″ x 2 ½″). For 100 servings, use 4 pans. 7. Critical Control Point: For Child Care Centers cool to 40 °F or lower within 4 hours. For Schools cool to 41 °F or lower within 4 hours. Cover and refrigerate until service. 8. Portion with 6 fl oz spoodle (¾ cup).

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

Mediterranean Quinoa Salad

Meal Components: Other Vegetable-Grains **Grains B-25r**

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 ⅛ cup other vegetable and 1 oz equivalent grains.	50 Servings: about 9 lb	50 Servings: about 1 gallon 2 cups 2 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**
Red bell peppers	14 oz
Green onions	5 oz
Red onions	7 oz
Cherry tomatoes	1 lb 7 oz
Parsley	1 ½ oz

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

Mediterranean Quinoa Salad

Meal Components: Other Vegetable-Grains **Grains B-25r**

Ingredients	100 Servings		Directions Process #3: Complex Food Preparation
	Weight	Measure	
Quinoa, dry	6 lb 12 oz	1 gal 1 cup	1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
Low-sodium chicken broth		2 gal	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.
Lemon juice		1 cup	3. Dressing: combine lemon juice, vinegar, garlic, oil, salt, and ground pepper. Mix well. Set aside.
Red wine vinegar		1 cup	
Fresh garlic, minced		¼ cup	
Extra virgin olive oil		1 cup	
Salt		2 Tbsp 2 tsp	
Ground white pepper		2 tsp	
*Fresh red bell peppers, diced	1 lb 6 oz	1 qt	4. Combine red peppers, green onions, red onions, tomatoes, and black olives in a large bowl. Add dressing.
*Fresh green onions, diced	8 oz	2 cups	
*Fresh red onions, diced	12 oz	2 cups	
*Fresh cherry tomatoes, halved	2 lb 13 oz	2 qt	
Black olives, sliced	9 ½ oz	2 cups	
Feta cheese, crumbled	12 oz	2 cups	5. Mix in cooled quinoa. Fold in feta cheese and parsley.
*Fresh parsley, finely chopped	2 ½ oz	1 qt	
			6. Transfer to a steam table pan (12″ x 20″ x 2 ½″). 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).

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

Mediterranean Quinoa Salad

Meal Components: Other Vegetable-Grains **Grains B-25r**

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 ⅛ cup other vegetable and 1 oz equivalent grains.	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	**100 servings**
Red bell peppers	1 lb 12 oz
Green onions	10 oz
Red onions	14 oz
Cherry tomatoes	2 lb 14 oz
Parsley	3 oz

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