Whole Grains

Aztec Grain Salad combines a South American, high-protein grain called quinoa with aromatic roasted butternut squash, crisp apples, and dried cranberries to make a delicious and colorful side dish.

Aztec Grain Salad

NOVI MEADOWS 6TH GRADE UPPER ELEMENTARY SCHOOL
Novi, Michigan

Our Story

Novi Meadows, an upper elementary Blue Ribbon Exemplary School, drew on the talents and hard work of students, staff, parents, and the community to create their unique recipe. The School Nutrition Action Committee (SNAC) brainstormed recipe ideas that would not only fulfill the nutritional requirements of the contest, but would also be appealing to the students. The SNAC wanted to come up with something that was different and chose quinoa as the whole grain to feature in the recipe. Quinoa was then paired with traditional American fall produce to create a unique flavor experience. Aztec Grain Salad was named by the students, and it is a fantastic side dish to offer your students.

School Team Members

SCHOOL NUTRITION PROFESSIONAL
JoAnn Clements

CHEF
Ina Cheatem (Natural Food Chef, Fresh Delights)

COMMUNITY MEMBER
Michelle Thompson

STUDENTS
Cory G., Bryan T., and Jackie D.

Aztec Grain Salad

Meal Components: Red/Orange Vegetable-Fruit–Grains **Grains B-24r**

Ingredients	25 Servings		50 Servings		Directions Process #3: Complex Food Preparation
	Weight	Measure	Weight	Measure	
Quinoa, dry	2 lb 3 oz	1 qt 1 ½ cups	4 lb 6 oz	2 qt 3 cups	1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
Water		2 qt 3 cups		1 gal 1 ½ qt	2. Combine quinoa and water 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. Refrigerate at 40 °F.
*Fresh Granny Smith apples, peeled, cored, cubed ¾"	1 lb 13 oz	1 qt 1 cup	3 lb 10 oz	2 qt 2 cups	3. Combine apples, squash, and canola oil. Add half of the ginger and half of the cinnamon. Reserve remaining ginger and cinnamon for step 6. Toss well to coat.
*Fresh butternut squash, peeled, cubed ½"	2 lb	1 qt 3 cups	4 lb	3 qt 2 cups	
Canola oil		¼ cup		½ cup	
Ground ginger		1 tsp		2 tsp	
Ground cinnamon		2 ½ tsp		1 Tbsp 2 tsp	4. Transfer apple/squash mixture to a sheet pan (18" x 26" x 1"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. 5. Roast until squash is soft and slightly brown on the edges. DO NOT OVERCOOK. Conventional oven: 400 °F for 15-20 minutes Convection oven: 400 °F for 12-15 minutes
Frozen orange juice concentrate	6 oz	¾ cup	12 oz	1 ½ cups	6. Combine orange juice concentrate, olive oil, honey, mustard, vinegar, salt, black pepper, white pepper, cilantro, and remaining ginger and cinnamon. Whisk dressing until combined.
Extra virgin olive oil		⅓ cup		⅔ cup	
Honey		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Dijon mustard		1 ½ tsp		1 Tbsp	
Red wine vinegar		½ cup		1 cup	
Salt		½ tsp		1 tsp	
Ground black pepper		⅓ tsp		⅔ tsp	

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

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Ingredients	25 Servings		50 Servings		Directions Process #3: Complex Food Preparation
	Weight	Measure	Weight	Measure	
Ground white pepper		¼ tsp		½ tsp	
Fresh cilantro, finely chopped		1 Tbsp: Option: Add additional for garnish		2 Tbsp Option: Add additional for garnish	
Dried cranberries, finely chopped	10 oz	2 cups	1 lb 4 oz	1 qt	7. In steam table pan (12″ x 20″ x 4″) combine quinoa, apple/squash mixture, cranberries, raisins, and dressing. Mix well. For 25 servings, use 1 pan. For 50 servings, use 2 pans. Option: garnish with additional chopped cilantro. Cover and refrigerate at 40 °F to allow flavors to combine.
Golden raisins, seedless, finely chopped	10 oz	2 cups	1 lb 4 oz	1 qt	8. Critical Control Point: Cool to 40 °F or lower within 4 hours. Refrigerate until ready to serve.
					9. Portion with 8 fl oz spoodle (1 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
1 cup provides (8 fl oz spoodle) ⅛ cup red/orange vegetable, ⅜ cup fruit, and 1 oz equivalent grains.	25 Servings: about 9 lb 8 oz	25 Servings: about 1 gallon 1 quart 1 steam table pan
	50 Servings: about 19 lb	50 Servings: about 2 gallons 2 quarts 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	25 servings	50 servings
Granny Smith apples	2 lb 6 oz	4 lb 12 oz
Butternut squash	2 lb 8 oz	5 lb

Nutrients Per Serving

Calories	297.80	Saturated Fat	0.91 g	Iron	2.36 mg
Protein	6.41 g	Cholesterol	0 mg	Calcium	44.35 mg
Carbohydrate	53.56 g	Vitamin A	3391.52 IU (170.84 RAE)	Sodium	58.43 mg
Total Fat	7.83 g	Vitamin C	15.22 mg	Dietary Fiber	5.56 g