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 recipe challenge team held an afterschool cooking class. After a discussion on the value of healthy eating and a lesson on basic nutrition, the students went to work to create a recipe. The end result was a tasty side salad featuring a nutritious whole grain called quinoa, mixed with a colorful variety of vegetables, including red peppers, parsley, and cherry tomatoes. Feta cheese and a light lemon dressing complete the Mediterranean Quinoa Salad. What a party of flavor!

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.

2ND PLACE WINNER
Whole Grains

A nutritious whole grain called quinoa is mixed with a colorful variety of vegetables for a tasty side salad.

Mediterranean Quinoa Salad

Ingredients

1 cup Quinoa, dry
2 cups Low-sodium chicken broth
2 Tbsp Lemon juice
2 Tbsp Red wine vinegar
1 tsp Fresh garlic, minced
1 ½ Tbsp Extra virgin olive oil
½ tsp Salt
⅛ tsp Ground white pepper
¼ cup Fresh red bell peppers, seeded, diced
2 Tbsp Fresh green onions, diced
2 Tbsp Fresh red onions, peeled, diced
½ cup Fresh cherry tomatoes, halved
2 Tbsp Black olives, sliced
2 Tbsp Feta cheese, crumbled
1 Tbsp Fresh parsley, chopped

Preparation Time: 1 hour
Cooking Time: 10-15 minutes
Makes six ¾-cup servings

Directions

1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa and chicken broth in a small pot. Cover and bring to a boil. Turn heat down to low and simmer until broth 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 with a fork. A rice cooker may be used with the same quantity of quinoa and water. Cover and refrigerate.

2. In a small mixing bowl, combine lemon juice, vinegar, garlic, olive oil, salt, and ground pepper to make dressing.

3. Combine red peppers, green onions, red onions, tomatoes, and olives in a large mixing bowl. Mix well.

4. Add dressing to vegetable mixture. Mix in cooled quinoa. Fold in feta cheese and parsley. Cover and refrigerate for about 2 hours. Serve chilled.

¾ cup provides ⅛ cup other vegetable and 1 oz equivalent grains.

Nutrients Per Serving: Calories **166,** Protein **7 g,** Carbohydrate **23 g,** Dietary Fiber **3 g,** Total Fat **6 g,** Saturated Fat **1 g,** Cholesterol **3 mg,** Vitamin A **414 IU (24 RAE),** Vitamin C **12 mg,** Iron **2 mg,** Calcium **42 mg,** Sodium **278 mg**