Peppy Quinoa

SARTELL MIDDLE SCHOOL
Sartell, Minnesota

Our Story

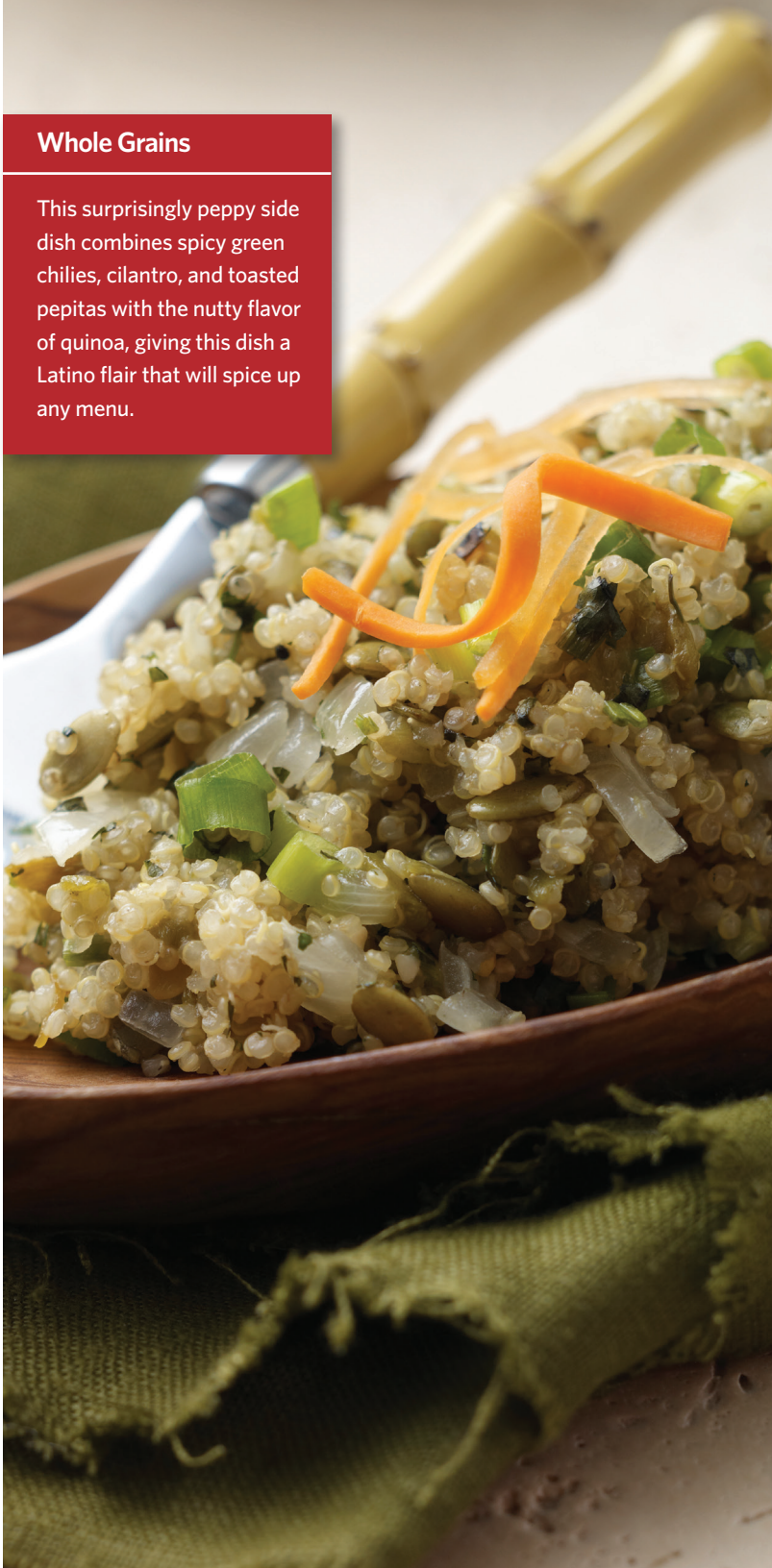
The recipe challenge team at Sartell Middle School featured quinoa as its key ingredient. From South America, this versatile whole grain can be prepared in many different ways. As a light and fluffy alternative to rice or couscous, children are sure to enjoy quinoa—a nutty-flavored whole grain.

The team members all had one thing in common: a passion for serving healthy food to students. The recipes they developed were based on the suggestions of the students.

While testing Peppy Quinoa, more than 300 surveys were completed. The results were overwhelmingly positive, and the team realized that they had a winning recipe in their hands. Move over pasta, quinoa is in the house!

School Team Members

SCHOOL NUTRITION PROFESSIONAL: Janice Sweeter
CHEF: Paul Ruszat
COMMUNITY MEMBERS: Kelly Radi (Parent) and Lori Domburg (Teacher)
STUDENT: Bryan S.



Whole Grains

This surprisingly peppy side dish combines spicy green chilies, cilantro, and toasted pepitas with the nutty flavor of quinoa, giving this dish a Latino flair that will spice up any menu.

Peppy Quinoa

Ingredients

⅛ cup Pepitas/Pumpkin seeds
1 ¼ cups Quinoa, dry
1 Tbsp Low-sodium chicken base
½ cup Fresh onion, peeled, diced
½ cup Canned diced green chilies
2 ¼ tsp Fresh garlic, minced
½ cup Fresh cilantro, chopped
½ cup Fresh green onions, diced
2-4 Tbsp Fresh lime juice (optional)

Preparation Time: 15 minutes
Cooking Time: 1 hour 5 minutes
Makes six ½-cup servings

Directions

1. Preheat oven to 350 °F.

2. Toast pepitas in oven for 10 minutes or until light brown and aromatic. Set aside.

3. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa, 2 ½ cups water, and chicken base in a small pot. Cover and bring to a boil. Turn heat down to low 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 with a fork. Set aside. A rice cooker may be used with the same quantity of quinoa, water, and chicken base.

4. Mix quinoa, onions, green chilies, and garlic in an 8" x 8" nonstick baking pan sprayed with nonstick cooking spray. Cover pan and bake at 350 °F for 40 minutes.

5. Toss in cilantro, green onions, pepitas, and optional lime juice to taste. Serve hot.

½ cup provides ⅛ cup other vegetable and 1 ¼ oz equivalent grains.

Nutrients Per Serving: Calories **174,** Protein **6 g,** Carbohydrate **29 g,** Dietary Fiber **3 g,** Total Fat **4 g,** Saturated Fat **< 1 g,** Cholesterol **< 1 mg,** Vitamin A **244 IU (12 RAE),** Vitamin C **10 mg,** Iron **2 mg,** Calcium **34 mg,** Sodium **93 mg**