


Peppy Quinoa

Meal Components: Other Vegetable-Grains

Grains B-27r

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Pepitas (pumpkin seeds), dried	3 ¾ oz	1 cup	7 ½ oz	2 cups	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	4 lb 2 oz	2 qt	8 lb 4 oz	1 gal	2. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
Water		1 gal 1 qt		2 gal 2 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	5 oz	¼ cup 2 Tbsp	10 oz	¾ cup	
					4. Lightly coat steam table pan (12" x 20" x 2 ½") with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. 5. Transfer quinoa to steam table pan.
*Fresh onions, diced	1 lb	3 cups 2 Tbsp	2 lb	1 qt 2 ¼ cups	6. Add onions, chilies, and garlic. Mix well.
Canned diced green chilies	2 lb 6 oz	1 qt ⅔ cup	4 lb 12 oz	2 qt 1 ½ cups	
Fresh garlic, minced	4 oz	½ cup	8 oz	1 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 135 °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	5 oz	1 qt 3 cups	10 oz	3 qt 2 cups	9. Toss in cilantro, green onions, pepitas and optional lime juice to taste.
*Fresh green onions, diced	3 oz	1 cup	6 oz	2 cups	
Fresh lime juice (optional)		1 to 2 cups		2 cups to 1 qt	
					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.	50 Servings: about 12 lb	50 Servings: about 6 gallons 1 quart 2 steam table pans
	100 Servings: about 24 lb	100 Servings: about 12 gallons 2 quarts 4 steam table pans

Marketing Guide		
Food as Purchased for	50 servings	100 servings
Mature onions	1 lb 2 oz	2 lb 4 oz
Green onions	8 oz	1 lb

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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