Aztec Grain Salad

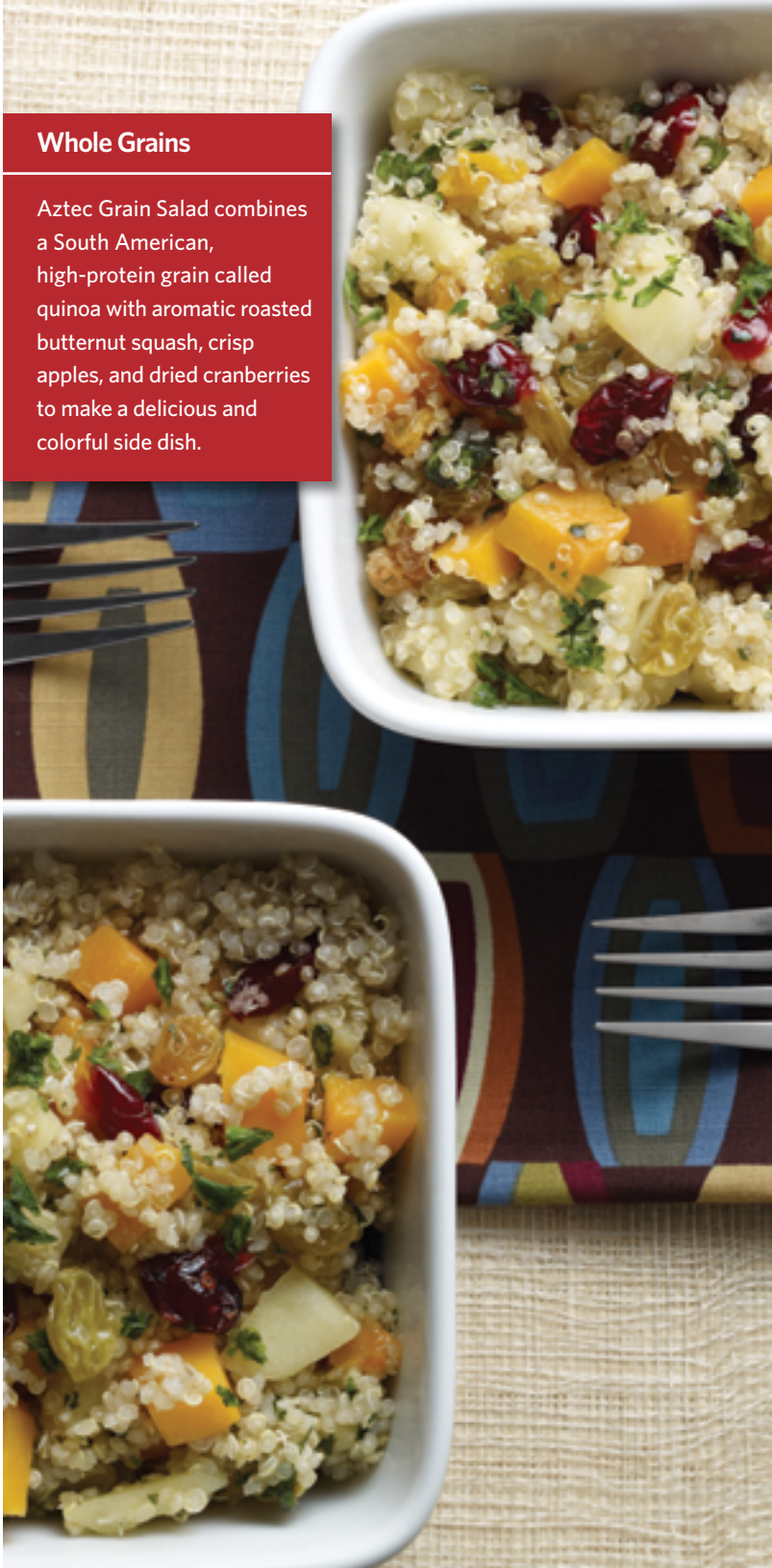
NOVI MEADOWS 6TH GRADE UPPER ELEMENTARY SCHOOL
Novi, Michigan

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's 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 children.

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.



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

Ingredients

1 ½ cups Quinoa, dry

1 ¾ cups Fresh granny smith apples, peeled, cored, cubed ¾"

1 ¾ cups Fresh butternut squash, peeled, seeded, cubed ½"

1 Tbsp Canola oil

¼ tsp Ground ginger

¾ tsp Ground cinnamon

¼ cup Frozen orange juice concentrate

1 ½ Tbsp Extra virgin olive oil

1 tsp Honey

⅓ tsp Dijon mustard

2 Tbsp Red wine vinegar

⅛ tsp Salt

1 dash Ground black pepper

1 dash Ground white pepper

½ tsp Fresh cilantro, chopped

Optional: use additional cilantro as a garnish

⅓ cup Dried cranberries, finely chopped

⅓ cup Golden raisins, seedless, finely chopped

Preparation Time: 15 minutes
Cooking Time: 30 minutes
Makes six 1-cup servings

Directions

1. Preheat oven to 400 °F.

2. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa and 3 cups water in a medium 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. Cover and refrigerate. A rice cooker may be used with the same quantity of quinoa and water.

3. Combine apples and squash in a large mixing bowl. Add canola oil, ⅛ tsp ginger, and ¼ tsp cinnamon. Toss well to coat.

4. Pour apples/squash mixture onto a large baking sheet and place in oven at 400 °F. Roast for 15 minutes or until squash is soft and slightly brown on the edges. Do not overcook. Remove and set aside to cool.

5. In a medium mixing bowl, combine orange juice, olive oil, honey, Dijon mustard, red wine vinegar, salt, peppers, cilantro, and remaining ginger and cinnamon. Whisk together to make dressing.

Nutrients Per Serving: Calories **298,** Protein **6 g,** Carbohydrate **54 g,** Dietary Fiber **6 g,** Total Fat **8 g,** Saturated Fat **1 g,** Cholesterol **0 mg,** Vitamin A **3392 IU (171 RAE),** Vitamin C **15 mg,** Iron **2 mg,** Calcium **44 mg,** Sodium **58 mg**

Directions Aztec Grain Salad (continued)

6. In a large mixing bowl, combine quinoa, apples/squash mix, cranberries, raisins, and dressing. Toss well to combine. If desired, garnish with additional cilantro. Cover and refrigerate for about 2 hours. Serve chilled.

1 cup provides ⅛ cup red/orange vegetable, ⅜ cup fruit, and 1 oz equivalent grains.