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

SARTELL MIDDLE SCHOOL
Sartell, Minnesota

Our Story

The recipe challenge team at Sartell Middle School decided to feature 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, students 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 the team developed were based on the suggestions of the students. Each team member did research individually before coming together as a group to decide which recipes to make. Once the recipes were developed, a tasting session was held in order to fine-tune the recipes.

In the end, three recipes were developed by the team and taste-tested by the entire student body. On tasting day, the students were given a brief survey to obtain their feedback on each recipe. More than 300 surveys were completed, and the results were overwhelmingly positive for Peppy Quinoa, which is when 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.

Peppy Quinoa

Meal Components: Other Vegetable-Grains **Grains B-27r**

Ingredients	25 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Pepitas (pumpkin seeds), dried		½ cup	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	2 lb 1 oz	1 qt	2. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
Water		2 qt 2 cups	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	2 ½ oz	3 Tbsp	
			4. Lightly coat steam table pan (12″ x 20″ x 2 ½″) with pan release spray. For 25 servings, use 1 pan. 5. Transfer quinoa to steam table pan.
*Fresh onions, diced	8 oz	1 ½ cups 1 Tbsp	6. Add onions, chilies, and garlic. Mix well.
Canned diced green chilies	1 lb 3 oz	2 ⅓ cups	
Fresh garlic, minced	2 oz	¼ 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 140 °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.

Peppy Quinoa

Meal Components: Other Vegetable-Grains **Grains B-27r**

Ingredients	25 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Fresh cilantro, chopped	2 ½ oz	3 ½ cups	9. Toss in cilantro, green onions, pepitas and optional lime juice to taste.
*Fresh green onions, diced	1 ½ oz	½ cup	
Fresh lime juice (optional)		½ to 1 cup	
			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 ⅛ cup other vegetable and 1 ¼ oz equivalent grains.	25 Servings: about 6 lb	25 Servings: about 3 gallons 2 cups 1 steam table pan

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**
Mature onions	9 oz
Green onions	4 oz

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 (12.13 RAE)	Sodium	93.07 mg
Total Fat	3.85 g	Vitamin C	9.53 mg	Dietary Fiber	3.42 g

Peppy Quinoa

Meal Components: Other Vegetable-Grains **Grains B-27r**

Ingredients	50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Pepitas (pumpkin seeds), dried	3 ¾ oz	1 cup	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	2. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
Water		1 gal 1 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	
			4. Lightly coat steam table pan (12″ x 20″ x 2 ½″) with pan release spray. For 50 servings, use 2 pans. 5. Transfer quinoa to steam table pan.
*Fresh onions, diced	1 lb	3 cups 2 Tbsp	6. Add onions, chilies, and garlic. Mix well.
Canned diced green chilies	2 lb 6 oz	1 qt ⅔ cup	
Fresh garlic, minced	4 oz	½ 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 140 °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.

Peppy Quinoa

Meal Components: Other Vegetable-Grains **Grains B-27r**

Ingredients	50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Fresh cilantro, chopped	5 oz	1 qt 3 cups	9. Toss in cilantro, green onions, pepitas and optional lime juice to taste.
*Fresh green onions, diced	3 oz	1 cup	
Fresh lime juice (optional)		1 to 2 cups	
			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 ⅛ 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

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

Marketing Guide

Food as Purchased for	50 servings
Mature onions	1 lb 2 oz
Green onions	8 oz

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 (12.13 RAE)	Sodium	93.07 mg
Total Fat	3.85 g	Vitamin C	9.53 mg	Dietary Fiber	3.42 g

Peppy Quinoa

Meal Components: Other Vegetable-Grains **Grains B-27r**

Ingredients	100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Pepitas (pumpkin seeds), dried	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	8 lb 4 oz	1 gal	2. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
Water		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	10 oz	¾ cup	
			4. Lightly coat steam table pan (12" x 20" x 2 ½") with pan release spray. For 100 servings, use 4 pans. 5. Transfer quinoa to steam table pan.
*Fresh onions, diced	2 lb	1 qt 2 ¼ cups	6. Add onions, chilies, and garlic. Mix well.
Canned diced green chilies	4 lb 12 oz	2 qt 1 ⅓ cups	
Fresh garlic, minced	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.

Peppy Quinoa

Meal Components: Other Vegetable-Grains **Grains B-27r**

Ingredients	100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Fresh cilantro, chopped	10 oz	3 qt 2 cups	9. Toss in cilantro, green onions, pepitas and optional lime juice to taste.
*Fresh green onions, diced	6 oz	2 cups	
Fresh lime juice (optional)		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 ⅛ cup other vegetable and 1 ¼ oz equivalent grains.	100 Servings: about 24 lb	100 Servings: about 12 gallons 2 quarts 4 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	**100 servings**
Mature onions	2 lb 4 oz
Green onions	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 (12.13 RAE)	Sodium	93.07 mg
Total Fat	3.85 g	Vitamin C	9.53 mg	Dietary Fiber	3.42 g