

Aztec Grain Salad

Component: Grain and Fruit

Recipe Category

Recipe # B-24r Modified

Ingredients	50 Servings		Weight	Measure	Directions
	Weight	Measure			
Quinoa, dry Or Bulgur, dry (see notes)	3 lb 14 oz OR 2 lb 11 oz	2 qt 1 ½ cup cups 2 qt			<ol style="list-style-type: none"> Rinse quinoa (or bulgur) in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa (or bulgur) and water in a covered stockpot and bring to a boil. Reduce heat and simmer 10-15 minutes for quinoa (only 3-5 minutes for bulgur). Water should be completely absorbed. 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. Transfer cooked quinoa (or bulgur) to sheet pan to cool. Continue to step 5 immediately or refrigerate. If refrigerating, cool to 71 °F or lower within 2 hours and 41 °F or lower within 6 hours. Combine ginger, cinnamon, orange juice concentrate, olive oil, brown sugar, mustard, vinegar, salt, and pepper. Whisk until smooth. In steam table pan combine quinoa (or bulgur), apples, raisins, cranberries, and dressing mixture. Mix well. Sprinkle cilantro over mixture and toss. Cover and refrigerate at 41 °F. Critical Control Point: If using quinoa or bulgur prepared in advance and refrigerated, cool to 41 °F or lower within 2 hours. If completing all steps at once, cool to 41 °F or lower within 4 hours.
Water for quinoa OR Water for bulgur		1 gal 3 cups OR 1 gallon			
Ground ginger		2 tsp			
Ground cinnamon		1 Tbsp 2 tsp			
Frozen orange juice concentrate		1 ½ cup			
Olive oil		2/3 cup			
Brown sugar		2 Tbsp 2 tsp			
Dijon mustard		1 Tbsp			
Apple cider vinegar		1 cup			
Salt		1 tsp			
Ground black pepper		2/3 tsp			
Ground white pepper		½ tsp			
Fresh cilantro, finely chopped		2 Tbsp			
*Fresh Granny Smith apples, peeled, cored, diced 1/4" (other crisp apple will also work)		4 qt 1 cup			
Golden raisins, seedless, finely chopped		1 qt			
Dried cranberries, finely chopped		1 qt			

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Notes:

Nutrient information for recipe with quinoa determined using Food Processor.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings

Serving: 1 cup = ½ cup fruit + 1 grain serving

1-2 years: varies; see menu notes
 3-5 years: varies; see menu notes
 6-18 years: varies; see menu notes

Yield:

50 Servings:
 100 Servings:

Volume:

50 Servings:
 100 Servings:

Nutrients Per Serving (for recipe with quinoa)

Calories	247 kcal	Saturated Fat	0.71 g	Iron	1.81 mg
Protein	5.33 g	Cholesterol	0 g	Calcium	75.21 mg
Carbohydrate	46.05 g	Vitamin A	5.71 mcg RAE	Sodium	64.08 mg
Total Fat	5.16 g	Vitamin C	15.32 mg	Dietary Fiber (2016)	4.33 g

Nutrients Per Serving (for recipe with bulgur)

Calories	205 kcal	Saturated Fat	0.53 g	Iron	0.89 mg
Protein	3.52 g	Cholesterol	0 g	Calcium	67.44 mg
Carbohydrate	42.32 g	Vitamin A	5.58 mcg RAE	Sodium	65.70 mg
Total Fat	3.50 g	Vitamin C	15.32 mg	Dietary Fiber (2016)	4.86 g