

Cookbook for Fall Creek Elementary

Created by HPS Menu Planner

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[Mediterranean Quinoa Salad](#)

Mediterranean Quinoa Salad

Servings:	50.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45361

Ingredients

Description	Measurement	DistPart #
QUINOA CKD	4 Pound	602242
JUICE LEMON	1/2 Cup	864061
VINEGAR WINE RED 5	1/2 Cup	644481
OIL BLND CANOLA/XVGRN 80/20	1/2 Cup	645182
SALT SEA	1 3/10 Tablespoon	748590
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon	225037
SPICE GARLIC GRANULATED	1 Fluid Ounce	513881
PEPPERS RED	1 Pint	597082
ONION GREEN	8 Ounce	596981
ONION RED JUMBO	8 Ounce	198722
TOMATO GRAPE SWT	1 Quart	129631
OLIVE RIPE SLCD	1 Cup	716403
CHEESE FETA DRY PKG	8 Ounce	171832
CILANTRO CLEANED	1 Pint	219550
CUCUMBER SELECT	1 Pint	592323
EDAMAME SHELLED	1 Gallon 2 Quart 1 Cup (25 Cup)	312928

Preparation Instructions

Dressing: Combine lemon juice, vinegar, garlic, oil, salt and ground pepper, mix well. Set aside.

Combine red peppers, green onions, red onions, tomatoes, cucumbers and black olives in a large bowl. Add dressing.

Mix in quinoa and edamame. Fold in feta cheese and cilantro.

Portion with 8 oz Spoodle.

Serve with one 4" flatbread. #863913

Meal Components (SLE)

Amount Per Serving

Meat	2.026
Grain	0.080
Fruit	0.000
GreenVeg	0.000
RedVeg	0.120
OtherVeg	0.217
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 8.00 Ounce

Amount Per Serving

Calories	127.31		
Fat	6.72g		
SaturatedFat	0.65g		
Trans Fat	0.00g		
Cholesterol	2.40mg		
Sodium	272.51mg		
Carbohydrates	10.80g		
Fiber	4.30g		
Sugar	2.57g		
Protein	9.14g		
Vitamin A	314.23IU	Vitamin C	11.68mg
Calcium	64.81mg	Iron	2.03mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

Calories	56.13		
Fat	2.96g		
SaturatedFat	0.29g		
Trans Fat	0.00g		
Cholesterol	1.06mg		
Sodium	120.16mg		
Carbohydrates	4.76g		
Fiber	1.90g		
Sugar	1.13g		
Protein	4.03g		
Vitamin A	138.55IU	Vitamin C	5.15mg
Calcium	28.58mg	Iron	0.90mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes