

# **Cookbook for Fall Creek Elementary**

**Created by HPS Menu Planner**

# Table of Contents

[Mediterranean Quinoa Salad](#)

# Mediterranean Quinoa Salad

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

## Ingredients

Description	Measurement	Prep Instructions	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	Diced	597082
ONION GREEN	8 Ounce	sliced	596981
ONION RED JUMBO	8 Ounce	diced finely	198722
TOMATO GRAPE SWT	1 Quart	cut in half	129631
OLIVE RIPE SLCD	1 Cup	<b>READY_TO_EAT</b> Roland Sliced Ripe Olives are ready to use. They can be baked or sautéed. Very popular as salad bar, sandwich and pizza topping ingredient. Versatile topping in Mexican cuisine.	716403
CHEESE FETA DRY PKG	8 Ounce	crumbled	171832
CILANTRO CLEANED	1 Pint	Cut into shreds	219550
CUCUMBER SELECT	1 Pint	Diced small	592323
EDAMAME SHELLLED	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

<b>Meat</b>	2.026
<b>Grain</b>	0.080
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.120
<b>OtherVeg</b>	0.217
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 8.00 Ounce

#### Amount Per Serving

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

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

### Nutrition - Per 100g

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

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