

# 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"> <li>Rinse quinoa (or bulgur) in a fine mesh strainer until water runs clear, not cloudy.</li> <li>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.</li> <li>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.</li> <li>Combine ginger, cinnamon, orange juice concentrate, olive oil, brown sugar, mustard, vinegar, salt, and pepper. Whisk until smooth.</li> <li>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.</li> <li>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.</li> </ol>
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			

# Aztec Grain Salad

Component: Grain and Fruit

Recipe Category

Recipe # B-24r Modified

## 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