

WGR Carrot Muffins (With Quinoa)

Recipe Component

Recipe Category

Recipe #New School Cuisine Cookbook p 108

Ingredients	48 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Water		2 ² / ₃ cups			<p>1. Bring water to a boil in a large saucepan. Add quinoa, reduce heat to a simmer and cook until tender, 15 to 20 minutes. Spread on a sheet pan and let cool.</p> <p>2. Preheat convection oven to 375°F or conventional oven to 400°F. Line muffin tins with muffin tin liners or coat the muffin tins with cooking spray.</p> <p>3. Sift whole wheat flour, all-purpose flour, baking powder, cinnamon and salt in a large bowl.</p> <p>4. Whisk eggs in a separate large bowl. Add oil, sugar, yogurt and orange zest; then whisk until smooth. Fold the dry ingredients into the wet ingredients and stir until just combined. Do not to overmix the batter.</p> <p>5. Stir carrots and the cooked quinoa into the batter until they are just incorporated.</p> <p>6. Fill the prepared muffin tins with the batter. Bake about 21 to 25 minutes.</p> <p><i>To check for doneness, a knife inserted into the center of the thickest part of the food must come out clean.</i></p>
Quinoa, rinsed and drained		1 ¹ / ₃ cup			
Whole wheat flour	1 lb	3 cups			
Enriched all-purpose flour	1 lb	3 cups			
Baking powder		¹ / ₄ cup			
Ground cinnamon		3 Tbsp			
Salt		2 tsp			
Pasteurized fresh eggs, large		8 large			
Vegetable oil		2 cups			
Brown sugar		2 cups (packed)			
Low-fat yogurt, plain or vanilla		2 cups			
Zest orange		2 oranges			
*Carrots, fresh, gated		1 qt + 1 ¹ / ₂ cups			

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Notes:
 Decreased salt compared to original recipe.
 Refrigerate cooked quinoa up to 3 days in advance.
 Nutrient information from Food Processor.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Carrot, fresh, without tops	1 lb 8 oz	3 lb

Serving: 1 muffin provides 1 oz equiv WGR grain and 1/8 cup red/ orange vegetable.	Yield:	Volume:
1-2 years: 1/2 serving	50 Servings:	50 Servings:
3-5 years: 1/2 serving		
6-18 years: 1 serving	100 Servings:	100 Servings:

Nutrients Per Serving			
Calories	226	Saturated Fat	1.14 g
Protein	4.62 g	Cholesterol	31.70 mg
Carbohydrate	28.76 g	Vitamin A	119.33 RAE mcg
Total Fat	10.76 g	Vitamin C	1.07 mg
		Iron	1.34 mg
		Calcium	197.09 mg
		Sodium	126.83 mg
		Dietary Fiber	2.23 g (2016 = 1.97 g)