

Mediterranean Quinoa Salad

BELLINGHAM MEMORIAL MIDDLE SCHOOL
Bellingham, Massachusetts

Our Story

Bellingham Memorial Middle School in Bellingham, Massachusetts, serves over 800 students in grades 5-8. The school seeks to establish itself as an exemplary middle school by developing programs that are responsive to student needs.

The recipe challenge team held an afterschool cooking class. After a discussion on the value of healthy eating and a lesson on basic nutrition, the students went to work to create a recipe. The end result was a tasty side salad featuring a nutritious whole grain called quinoa, mixed with a colorful variety of vegetables, including red peppers, parsley, and cherry tomatoes. Feta cheese and a light lemon dressing complete the Mediterranean Quinoa Salad. What a party of flavor!

School Team Members

SCHOOL NUTRITION PROFESSIONAL: Jeanne Sheridan, SNS

CHEF: Rodney Poles (Whole Foods Market, partner chef from *Chefs Move to Schools* chefsmovetoschools.org)

COMMUNITY MEMBERS: Karen Ring (Healthy Eating Specialist, Whole Foods Market) and Lauren Marciszyn, RD, LDN (Youth and Community Wellness Director, YMCA)

STUDENTS: Dylan B., Elizabeth B., Taylin S., John G., and Nick D.

2ND PLACE WINNER Whole Grains

A nutritious whole grain called quinoa is mixed with a colorful variety of vegetables for a tasty side salad.



Mediterranean Quinoa Salad



Ingredients

- 1 cup** Quinoa, dry
- 2 cups** Low-sodium chicken broth
- 2 Tbsp** Lemon juice
- 2 Tbsp** Red wine vinegar
- 1 tsp** Fresh garlic, minced
- 1 ½ Tbsp** Extra virgin olive oil
- ½ tsp** Salt
- ⅛ tsp** Ground white pepper
- ¼ cup** Fresh red bell peppers, seeded, diced
- 2 Tbsp** Fresh green onions, diced
- 2 Tbsp** Fresh red onions, peeled, diced
- ½ cup** Fresh cherry tomatoes, halved
- 2 Tbsp** Black olives, sliced
- 2 Tbsp** Feta cheese, crumbled
- 1 Tbsp** Fresh parsley, chopped

Preparation Time: 1 hour

Cooking Time: 10-15 minutes

Makes six ¾-cup servings

Directions

- 1.** Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa and chicken broth in a small pot. Cover and bring to a boil. Turn heat down to low and simmer until broth is completely absorbed, about 10-15 minutes. 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. Fluff with a fork. A rice cooker may be used with the same quantity of quinoa and water. Cover and refrigerate.
- 2.** In a small mixing bowl, combine lemon juice, vinegar, garlic, olive oil, salt, and ground pepper to make dressing.
- 3.** Combine red peppers, green onions, red onions, tomatoes, and olives in a large mixing bowl. Mix well.
- 4.** Add dressing to vegetable mixture. Mix in cooled quinoa. Fold in feta cheese and parsley. Cover and refrigerate for about 2 hours. Serve chilled.

¾ cup provides ⅓ cup vegetable and 1 oz equivalent grains.

Nutrients Per Serving: Calories **166**, Protein **7 g**, Carbohydrate **23 g**, Dietary Fiber **3 g**, Total Fat **6 g**, Saturated Fat **1 g**, Cholesterol **3 mg**, Vitamin A **414 IU (24 RAE)**, Vitamin C **12 mg**, Iron **2 mg**, Calcium **42 mg**, Sodium **278 mg**

2ND PLACE WINNER
Whole Grains

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Whole Grains

Mediterranean Quinoa Salad

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Our Story

Bellingham Memorial Middle School in Bellingham, Massachusetts, serves over 800 students in grades 5-8. The school seeks to establish itself as an exemplary middle school by developing programs that are responsive to student needs.

The parents, staff, and surrounding community work together to promote school ideals and ensure that each student has the opportunity to reach his or her fullest potential as a responsible member of society.

The recipe challenge team consisted of the Director of Food Service, two chefs, 24 students, and the Health and Wellness Specialist from the local YMCA. The team held an afterschool cooking class led by chefs to decide how they would develop a winning recipe. After a discussion on the value of healthy eating and a lesson on basic nutrition, the students were divided into four groups, and each group was assigned a cook-leader. The chosen recipe was Mediterranean Quinoa Salad. It features a nutritious whole grain called quinoa, mixed with a colorful variety of vegetables, including red bell peppers, parsley, and cherry tomatoes, feta cheese, and a light lemon dressing. The enticing side dish was served to over 200 5th and 7th grade students. As anyone can guess, this party of flavors received rave reviews.

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STUDENTS


Dylan B., Elizabeth B., Taylin S., John G., and Nick D.

Mediterranean Quinoa Salad

Meal Components: Other Vegetable-Grains

Grains B-25r

Ingredients	25 Servings		50 Servings		Directions Process #3: Complex Food Preparation
	Weight	Measure	Weight	Measure	
Quinoa, dry	1 lb 11 oz	1 qt ¼ cup	3 lb 6 oz	2 qt ½ cup	1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. 2. Combine quinoa and broth in a covered stockpot and bring to a boil. Reduce heat and simmer until water is completely absorbed, about 10-15 minutes. 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. Fluff. Cover and refrigerate at 40 °F. 3. Dressing: combine lemon juice, vinegar, garlic, oil, salt, and ground pepper. Mix well. Set aside. 4. Combine red peppers, green onions, red onions, tomatoes, and black olives in a large bowl. Add dressing. 5. Mix in cooled quinoa. Fold in feta cheese and parsley. 6. Transfer to a steam table pan (12" x 20" x 2 ½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. 7. Critical Control Point: Cool to 40 °F or lower within 4 hours. Cover and refrigerate until service. 8. Portion with 6 fl oz spoodle (¾ cup).
Low-sodium chicken broth		2 qt		1 gal	
Lemon juice		¼ cup		½ cup	
Red wine vinegar		¼ cup		½ cup	
Fresh garlic, minced		1 Tbsp		2 Tbsp	
Extra virgin olive oil		¼ cup		½ cup	
Salt		2 tsp		1 Tbsp 1 tsp	
Ground white pepper		½ tsp		1 tsp	
*Fresh red bell peppers, diced	5 ½ oz	1 cup	11 oz	2 cups	
*Fresh green onions, diced	2 oz	½ cup	4 oz	1 cup	
*Fresh red onions, diced	3 oz	½ cup	6 oz	1 cup	
*Fresh cherry tomatoes, halved	11 ½ oz	2 cups	1 lb 6½ oz	1 qt	
Black olives, sliced	2 ½ oz	½ cup	5 oz	1 cup	
Feta cheese, crumbled	3 oz	½ cup	6 oz	1 cup	
*Fresh parsley, finely chopped		1 cup		2 cups	

 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.



Whole Grains


Mediterranean Quinoa Salad

Meal Components: Other Vegetable-Grains

Grains B-25r

Notes
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
¾ cup (6 fl oz spoodle) provides ⅓ cup vegetable and 1 oz equivalent grains.	25 Servings: about 4 lb 8 oz	25 Servings: about 2 quarts 1 cup 1 steam table pan
	50 Servings: about 9 lb	50 Servings: about 1 gallon 2 cups 2 steam table pans

 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide		
Food as Purchased for	25 servings	50 servings
Red bell peppers	7 oz	14 oz
Green onions	2 ½ oz	5 oz
Red onions	3 ½ oz	7 oz
Cherry tomatoes	11 ½ oz	1 lb 7 oz
Parsley	¾ oz	1 ½ oz

Nutrients Per Serving					
Calories	165.87	Saturated Fat	1.21 g	Iron	1.85 mg
Protein	6.66 g	Cholesterol	3.03 mg	Calcium	42.30 mg
Carbohydrate	22.66 g	Vitamin A	414.48 IU	Sodium	278.10 mg
Total Fat	5.62 g		(24.27 RAE)	Dietary Fiber	2.67 g
		Vitamin C	12.38 mg		