



Mediterranean Quinoa Salad



Yield: 100

8.8 ounces or 251 grams

Meal Equivalencies: 1 eq. grain, 1/2 cup other vegetable, 1/4 cup red/orange vegetable

Ingredients

California Ripe Olives, Sliced	6 pounds, 14 ounces
Quinoa, Dry	7 pounds, 12 ounces
Salt Free Citrus and Herb Seasoning Mix	3 cups
Olive Oil	2 cups
Lemon Juice	3 cups
Fresh Bell Peppers, Diced	5 pounds, 4 ounces
Cucumbers, Fresh, Chopped	9 pounds, 2 ounces
Fresh Diced Tomatoes, RTU	11 pounds, 8 ounces
Parsley, Washed and Trimmed, RTU	1 pound

Directions Prior to Day of Service:

- Pre-Prep:**
- Clean and sanitize prep area.
- Cook:**
- Pull quinoa and cook according to directions on package.
- SOP:** Never handle ready-to-eat foods with bare hands
- Wash hands thoroughly and put on gloves.
- Prep:**
- Place quinoa in food storage container. Mix with citrus and herb seasoning. Add lemon juice and oil, mix well. Cover and date stamp.
- SOP:** Pre-chill ingredients for foods served cold (sandwiches and salads) below 41°F before combining
- Cool:**
- Place seasoned quinoa in cooler overnight.
- CCP:** Hold below 41°F
- Prep:**
- Pull olives from storage. Wipe off lids, open and carefully discard lids. Drain well. Place in food storage container, cover and date stamp.
- Cool:**
- Place in cooler overnight.
- CCP:** Hold below 41°F

Day of Service:

- Pre-Prep:**
- Clean and sanitize prep area.
 - Pull cucumbers from cooler and place at produce washing station.
- Prep:**
- Wash cucumbers thoroughly and set aside to dry.
 - Wash hands thoroughly and put on gloves.
- SOP:** Never handle ready-to-eat foods with bare hands
- Dice cucumber into 1/4" pieces and place in large bowl.
 - Pull peppers, tomatoes, quinoa and parsley from cooler and place at workstation.
 - Wash hands thoroughly and put on gloves.
- CCP:** Prepare foods at room temperature in two hours or less. TOTAL time of food at room temperature shall not exceed four hours.
- To cucumbers, add the peppers and tomatoes.
 - Fold in seasoned quinoa.
 - Pull leaves off of parsley stems.
 - Add parsley to quinoa mix and fold all together.
 - Using an 8 ounce spoodle, place one scoop in a tray.
 - Cover and date stamp.
- CCP:** Hold below 41°F
- CCP:** Hold below 41°F
- Hold:**
- Refrigerate until service.
- Serve:**
- 1 cup Mediterranean Quinoa Salad.