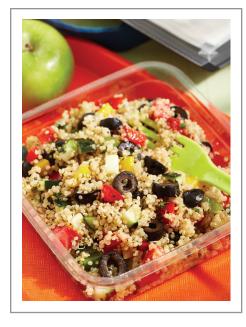
8.8 ounces or 251 grams



## Mediterranean Quinoa Salad



<b>Meal Equivalencies:</b> 1 eq. grain, ½ cup other vegetable, ¼ 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.

Yield: 100

**SOP:** Never handle ready-to-eat foods with bare hands

• Wash hands thoroughly and put on gloves.

## Prep:

**SOP:** Pre-chill ingredients for foods served cold (sandwiches and salads) below 41°F before combining

 Place quinoa in food storage container. Mix with citrus and herb seasoning. Add lemon juice and oil, mix well. Cover and date stamp.

Cool

CCP: Hold below 41°F

Place seasoned guinoa in cooler overnight.

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:

**CCP:** Hold below 41°F

• Place in cooler overnight.

## Day of Service:

Pre-Prep:

- · Clean and sanitize prep area.
- Pull cucumbers from cooler and place at produce washing station.

Prep:

**SOP:** Never handle ready-to-eat foods with bare hands **CCP:** Prepare foods

at room temperature in two hours or less.

TOTAL time of food at room temperature shall not exceed four hours.

**CCP:** Hold below 41°F **CCP:** Hold below 41°F

- Wash cucumbers thoroughly and set aside to dry.
- Wash hands thoroughly and put on gloves.
- $\bullet$  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.
- 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.

**Hold:** • Refrigerate until service.

**Serve:** • 1 cup Mediterranean Quinoa Salad.