

# Cranberry & Cilantro Quinoa Salad

*A recipe for every season.*

One ½ cup  
serving provides

½ oz. grains  
equivalent

¼ cup fruit

⅛ cup red/orange  
vegetables





# Cranberry & Cilantro Quinoa Salad

Yield: 48 servings

Serving Size: 1/2 cup

Prep Time: 20 minutes

Cook Time: 15 minutes

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## INGREDIENTS

## WEIGHT

## MEASURE

## DIRECTIONS

Water		1 1/2 qt.
Salt		1 tsp.
Quinoa, whole grain, rinsed (cooked yield = 12 cups)	1 1/2 lb. dry	
Dried sweetened cranberries	2 lb.	1 1/2 qt.
Carrots, minced		3 cups
Pepper, bell, red, chopped		1 1/2 qt.
Onion, red, finely chopped		1 cup
Cilantro, fresh, minced		1 cup
Juice, lime, fresh		1 cup
Oil, vegetable		1/2 cup
Salt		1 tsp.
Pepper, red, ground		1/2 tsp.

1. In a large pot, bring water and salt to a boil over high heat; stir in quinoa, reduce heat and bring to a simmer. Cover pot and cook until all liquid is absorbed (about 15 minutes).
2. Remove from heat and transfer quinoa to a hotel pan. Cool to room temperature. Cover and refrigerate until ready to use.
3. Add cranberries, carrots, peppers, onions and cilantro to chilled quinoa and stir to mix evenly.
4. In a small bowl, mix together lime juice, oil, salt and pepper and pour over quinoa-cranberry mixture. Cover and refrigerate at least 2 hours before serving.
5. **To Serve:** Scoop (#8) a 1/2 cup portion of salad into a bowl and serve. Does not need to be served cold.

**COOLING:** CCP: Cool to 70°F or lower within 2 hours and from 70°F to 40°F within 4 more hours. Place in shallow pans with a product depth of 2 inches or less and refrigerate or place shallow pans of product into ice bath, immerse pans into ice up to product level and stir frequently. Cover and label product.

**REHEATING:** CCP: Reheat to 165°F or higher for 15 seconds, within 2 hours.

**SANITATION INSTRUCTIONS:** Wash hands and exposed parts of arms before handling food, after handling raw foods and after any interruption that may contaminate hands. Wash, rinse and sanitize all equipment and utensils before and after use. Return all ingredients to refrigerator if preparation is interrupted. Measure all internal product temperatures with a cleaned and sanitized thermocouple or thermometer every 2 hours. Thaw frozen product properly using an FDA recommended method.

**SERVING:** One 1/2 cup serving provides 1/2 oz. grains equivalent, 1/4 cup fruit, 1/8 cup red/orange vegetables

## NUTRIENTS PER SERVING:

Calories 129 kcal	Saturated Fat 0.21 g	Cholesterol 0 mg	Carbohydrate 24.40 g	Protein 2.34 g	Calcium 23.21 mg	Vitamin A 336.87 RE (1739.96 IU)
Total Fat 2.46 g	Trans Fat 0 g	Sodium 107.21 mg	Dietary Fiber 2.45 g	Vitamin C 25.96 mg	Iron 0.90 mg	1.44% Calories from Saturated Fat

Created by Diane Swiontek of the Clayton School District in Clayton, WI for the Cranberry Marketing Committee USA / Wisconsin School Foodservice Cranberry Recipe Contest

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