

Recipe Name: Sautéed Kale and Quinoa Medley			
Ingredients	For 50 Servings		Directions
	Weight	Measure	
Water		1 qt.	1. Rinse quinoa with cool water. Drain well. In a large pot, combine 1 qt water with rinsed quinoa. Cover. Bring to a boil and then reduce heat to medium low and cook until water is absorbed and you can see tiny spirals separating from quinoa, about 15- 20 minutes. Spread quinoa on a large baking sheet and allow to cool.
Dry Quinoa	2 lbs.		
Kale, rinsed with stem pulled away	5¾ lbs.		2. Chiffonade kale and divide between 2 large containers Drizzle one half of the oil over 1 pan of chiffonade kale and the other half of the oil over the 2 nd pan of kale. Using your hands, toss the oil and kale together until thoroughly combined and the kale is well coated. Divide the kale between 4 sheet pans, spreading it out evenly over entire pan. Place in a 400° convection oven on low fan speed and roast for 10-12 minutes or until some of the edges of the kale have turned brown.
Vegetable Oil		¾ c. + 1 t.	
Garlic, minced		½ c.	3. Combine garlic and tsp. of oil in sauté pan. Cook over medium heat just until garlic begins to turn brown, remove from heat.
Honey		¼ c.	
Dijon Mustard		¼ c.	4. In a bowl, whisk together, honey, mustard, salt and pepper until fully combined to form vinaigrette.
Lemon Juice		1 c.	
Salt		2 t.	
Black Pepper		2 t.	
Carrots, shredded		3¼ lbs.	5. In a large bowl, combine kale, sautéed garlic, quinoa and carrots.
			6. Dress quinoa with vinaigrette.

Serving Size for Grades: K-8 is: ½ c. (unit: cup, fl oz, each) Serving Utensil: _____

Serving Size for Grades: 9-12 is: ½ c. (unit: cup, fl oz, each) Serving Utensil: _____