

GENERAL INFORMATION

Recipe #	Category	Source
1691244	Vegetables	Local

INGREDIENTS

Name	Quantity	+	Quantity 2
Quinoa, uncooked	3 7⁄8 oz.		
Beverages, water, tap, municipal	1 ¼ c., 1 ½ tsp.		
Kale, raw	1 lbs., 3 ¼ oz.		
Garlic, raw	1 tbsp.		
Vegetable oil, palm kernel	1 tbsp., 1 ⅛ tsp.		
Salt, table	¼ tsp.		
Spices, pepper, black	< ⅓ tsp. ground		
Lemon juice from concentrate, bottled, REAL LEMON	1 tbsp., 2 7⁄8 tsp.		
Mustard, prepared, yellow	1 ½ tsp.		
Honey	1 ½ tsp.		
Carrots, raw	½ c., 1 tbsp., 1 ⅞ tsp. chopped		

PREPARATION INSTRUCTIONS

HACCP Process: #2 - Same Day Service

1. Rinse quinoa with cold water. Drain well.
2. In a large pot, combine quinoa and water, cover, and bring to a boil. Reduce heat and cover until water is absorbed.
3. Chiffonade kale and place in a large bowl. Add garlic and drizzle oil over kale. Using your hands, toss the kale and oil together until thoroughly combined and the kale is well coated in oil.
4. Divide the kale between 4 sheet trays, or 4 18 x 13 inch trays, spreading it out evenly over the entire pan. Cook for 10 minutes at 350° F.
5. In a large bowl, combine all other ingredients with the cooked quinoa, kale, and carrots.

Separate raw animal foods, such as eggs, fish, meat, and poultry, from ready-to-eat foods, such as lettuce, cut melons, and lunch meats during receiving, storage, and preparation.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove products from storage using oldest pack date first. If frozen, keep product in original packaging and place in a pan(s). Place in cooler following proper HACCP storage guidelines to prevent cross-contamination.

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

If a recipe contains a combination of meat products, cook the product to the highest required temperature.

CCP: Heat to 165° F or higher for at least 15 seconds.

Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.



Kale and Quinoa Medley - CACFP

Serving Size

Yield

0.75 Cup

6

Nutrition Facts

Serving Size0.75 Cup (185 gm)

Amount Per Serving	
Calories	139.190
% Daily Value*	
Total Fat 5.625 gm	8.653 %
Saturated Fat 2.816 gm	14.081 %
Trans Fat 0.000* gm	
Cholesterol 0.000* mg	
Sodium 167.651 mg	6.985 %
Total Carbohydrate 19.082 gm	6.361 %
Dietary Fiber 5.469 gm	21.876 %
Total Sugars 2.998* gm	
Includes N/A* of Added Sugars	
Protein 5.493 gm	10.986 %
Vitamin A, RAE N/A* mcg	
Vitamin C 86.720* mg	144.533 %
Vitamin D 0.000* mcg	
Calcium 248.631 mg	24.863 %
Iron 2.375 mg	13.196 %
Potassium 473.099 mg	10.066 %
Saturated Fat % of Calories	18.209%
* Indicates missing Nutrient Information.	
^ Indicates user added nutrient.	

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Meal Components	
Component	Measurement

CORRECTIVE ACTION HOT FOOD: All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

Grains	0.5 oz
Dark Green	0.5 cups

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

CCP: Record time and internal temperature of completed recipe on daily log.

MY SCHOOL MENUS

IN USE AS A SUB RECIPE

MENUS USING THIS RECIPE

DATES

Last Updated
02-20-2025

Created
10-09-2024