

Southwest Quinoa Salad - CACFP

General Information

Recipe #	Category	Source
1967533	Vegetables 	Local

Ingredients

Name	Quantity	+	Quantity 2
Quinoa, uncooked	7 ¾ oz.		
Beans, black, mature seeds, canned, low sodium	¾ #10 can, drained		
Peppers, sweet, red, raw	2 oz.		
Coriander (cilantro) leaves, raw	¼ oz.		
Corn, sweet, yellow, canned, whole kernel, drained solids	4 ⅞ oz.		
Spices, chili powder	¼ tsp.		
Spices, cumin seed	⅛ tsp. whole		
Vegetable oil, palm kernel	¾ tsp.		
Vinegar, red wine	2 ⅝ tsp.		
Lime juice, raw	1 ⅞ tsp.		
Spices, pepper, black	< ⅛ tsp. ground		

Preparation Instructions

HACCP Process: #2 - Same Day Service

1. Cook quinoa follwing package instructions. Let cool.
2. Drain and rise black beans. Dice red pepper and chop cilantro. Drain corn (if using canned) and mix in.
3. Once quinoa is cooled, mix all ingredients together and let chill 30 minutes before serving.

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.



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Serving Size	Yield
1 Cup	6.00

Nutrition Facts

Serving Size 1 Cup (178 gm)		
Amount Per Serving		
Calories		253.077
		% Daily Value*
Total Fat	3.385 gm	5.207%
Saturated Fat	0.843 gm	4.214%
Trans Fat	0.000* gm	
Cholesterol	0.000* mg	
Sodium	197.310 mg	8.221%
Total Carbohydrate	44.732 gm	14.911%
Dietary Fiber	10.535 gm	42.139%
Total Sugars	1.663* gm	
Includes 0.000 gm of Added Sugars		
Protein	12.142 gm	24.284%
Vitamin A	20.133 mcg RAE	2.237%
Vitamin C	15.433* mg	25.722%
Vitamin D	0.000* mcg	
Calcium	57.054 mg	5.705%
Iron	3.837 mg	21.315%
Potassium	588.614 mg	12.524%
Saturated Fat % of Calories		2.997%
Added Sugar % of Calories		0.000%
* 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 the daily diet. 2,000 calories a day is used for general nutrition advice.		
Meal Components		
Component	Measurement	
Grains	1.5 oz	

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.

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.

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.

Dates

Last Updated	Created
09-09-2025	09-09-2025

Beans, Peas, and Lentils0.25 cups

Added Sugar Limitations ⓘ

Not applicable.

Edit Recipe