

Breakfast Quinoa - CACFP

General Information

Recipe #	Category	Source
2031681	Breakfast Entree 	Local

Ingredients

Name	Quantity	+ Quantity 2
Quinoa, uncooked	7 ¼ oz.	
Beverages, water, tap, municipal	1 pt., 1 c.	
Spices, cinnamon, ground	1 ½ tsp.	
Honey	3 tbsp., 2 ½ tsp.	

Preparation Instructions

HACCP Process: #2 - Same Day Service

1. Rinse quinoa under running water and place in a medium sized pan on the stove top with 2 cups of water on mediumheat. Heat until the water comes to a boil, turn off heat and cover the pan with a lid or foil. Let sit for 10 minutes on the counter.
2. Add remaining ingredients making sure to mix thoroughly and eat cold or hot.

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.

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



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Serving Size	Yield
2/3 Cup	6.00

Nutrition Facts

Serving Size 2/3 Cup (169 gm)		
Amount Per Serving		
Calories		176.301
% Daily Value*		
Total Fat	2.210 gm	3.401%
Saturated Fat	0.258 gm	1.292%
Trans Fat	0.000* gm	
Cholesterol	0.000 mg	
Sodium	5.974 mg	0.249%
Total Carbohydrate	34.958 gm	11.653%
Dietary Fiber	2.899 gm	11.594%
Total Sugars	11.149* gm	
Includes 11.135 gm of Added Sugars		
Protein	5.189 gm	10.379%
Vitamin A	0.456 mcg RAE	0.051%
Vitamin C	0.092* mg	0.153%
Vitamin D	0.000 mcg	
Calcium	27.676 mg	2.768%
Iron	1.767 mg	9.818%
Potassium	215.224 mg	4.579%
Saturated Fat % of Calories		1.319 %
Added Sugar % of Calories		25.265 %

* 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	0.5 oz

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.

Added Sugar Limitations ⓘ

Not applicable.

Dates

Last Updated	Created
12-10-2025	12-10-2025

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