

QUINOA MANGO SALAD

This colorful whole grain salad is sweet and tangy, with mangoes, black beans, and fluffy quinoa. Great as a side or main dish.



ONE PORTION PROVIDES:
1/8 cup vegetable, 1 oz. eq. grain

INGREDIENTS	100 SERVINGS	DIRECTIONS
<i>Quinoa, plain, cooked</i>		
Water	1 ³ / ₄ gallons	1. Bring water to a boil. 2. Add quinoa. Stir to combine 3. Return to a boil. Cover. Reduce heat and simmer for 10 minutes or until water is fully absorbed and quinoa is al dente, but completely cooked. Do not stir. CCP-Minimum internal temperature should be 140°F. or above. 4. Let quinoa sit for 5 minutes. Fluff with a fork. CCP-Hold hot (140°F. or above) or cool quickly (per HACCP) to internal temperature of 40°F. or below for service.
Quinoa, white	7 ³ / ₄ pounds	
Mango chunks IQF	1 ³ / ₄ cup	5. Dice mango into 1/4-inch pieces.
Peppers, red, sweet (bell), 1/4-inch diced	1 ³ / ₄ pound	6. Toss mango, red pepper, green onions and black beans together.

Beans, black, canned, drained	4 ½ pounds	7. Add tossed vegetables together into cooled quinoa. Toss to combine. 8. Mix together vinegar, oil, black pepper, and lime juice. Add to the cold vegetable and quinoa mixture. 9. Cover and chill for 2 hours before serving to allow flavors to mix. CCP-Hold refrigerated at internal temperature of 40°F. or below for service.
Onion, green, sliced	1 1/3 pound	
Vinegar, apple cider	1 cup	
Canola/olive oil blend	3/4 cup	
Lime juice	3/4 cup	
Pepper, black, ground	1 tablespoon	

SERVING NOTES:

Serving size	1/4 Cup	Yield, weight	11 Pounds, 10 3/4 Ounces
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RECIPE NOTES:

NUTRIENTS PER SERVING							
Calories	52	Total Fat (gm)	0.5	Vitamin A (IU)	348	Iron (mg)	0.5
Protein (gm)	2	Saturated Fat (gm)	0	Vitamin C (mg)	13	Sodium (mg)	111
Carbohydrate (gm)	10	Cholesterol (mg)	0	Calcium (mg)	13	Dietary Fiber (gm)	2