



Aztec Grain Salad

Aztec Grain Salad combines a South American, high-protein grain called quinoa with aromatic roasted butternut squash, crisp apples, and dried cranberries to make a delicious and colorful side dish.

INGREDIENTS	MEASURE	DIRECTIONS
Quinoa, dry	2 lb 3 oz (1 qt 1-1/2 cups)	<ol style="list-style-type: none"> Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa and water in a covered stockpot and bring to a boil. Reduce heat and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Refrigerate at 40 °F. Combine apples, squash, and canola oil. Add half of the ginger and half of the cinnamon. Reserve remaining ginger and cinnamon for step 6. Toss well to coat. Transfer apple/squash mixture to a sheet pan (18" x 26" x 1"). Roast until squash is soft and slightly brown on the edges. DO NOT OVERCOOK. Conventional oven: 400 °F for 15-20 minutes. Convection oven: 400 °F for 12-15 minutes. Combine orange juice concentrate, olive oil, honey, mustard, vinegar, salt, black pepper, white pepper, cilantro, and remaining ginger and cinnamon. Whisk dressing until combined. In steam table pan (12" x 20" x 4") combine quinoa, apple/squash mixture, cranberries, raisins, and dressing. Mix well. Option: garnish with additional chopped cilantro. Cover and refrigerate at 40 °F. Critical Control Point: Cool to 40 °F or lower within 4 hours. Refrigerate until ready to serve. Portion with 8 fl oz spoodle (1 cup)
Water	2 qt 3 cups	
Fresh Granny Smith apples, peeled, cored, cubed 3/4"	1 lb 13 oz (1 qt 1 cup)	
Fresh butternut squash, peeled, cubed 1/2"	2 lb (1 qt 3 cups)	
Canola oil	1/4 cup	
Ground ginger	1 tsp	
Ground cinnamon	2-1/2 tsp	
Frozen orange juice concentrate	3/4 cup	
Extra virgin olive oil	1/3 cup	
Honey	1 Tbsp 1 tsp	
Dijon mustard	1-1/2 tsp	
Red wine vinegar	1/2 cup	
Salt	1/2 tsp	
Ground black pepper	1/3 tsp	
Ground white pepper	1/4 tsp	
Fresh cilantro, finely chopped	1 Tbsp	
Dried cranberries, finely chopped	10 oz (2 cups)	
Golden raisins, seedless, finely chopped	10 oz (2 cups)	



Smokin' Powerhouse Chili

A chili made of a blend of vegetables, black beans, and smoky spices all served with ancient Aztec whole-grain quinoa.

INGREDIENTS	MEASURE	DIRECTIONS
Quinoa, dry	2/3 cup	<ol style="list-style-type: none"> 1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa and 1 1/3 cups water in a small pot. Cover and bring to a boil. Turn heat down to low and simmer uncovered until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Fluff with a fork and set aside. A rice cooker may be used with the same quantity of quinoa and water. 2. In a large pot coated with nonstick cooking spray, cook onions and garlic over low-medium heat for 2 minutes. Add half of the vegetable stock and bring to a boil. 3. Add carrots, red bell pepper, and optional ground chipotle pepper. Cook uncovered over medium heat for 10 minutes. 4. Steam sweet potatoes in a steam basket over high heat. Cover and steam for 15 minutes or until fork-tender. 5. Add remaining vegetable stock to pot along with diced tomatoes, tomato sauce, cilantro, chili powder, cumin, and salt. Cook uncovered over medium heat, stirring occasionally, allowing mixture to thicken and flavors to blend for about 15 minutes. 6. Add black beans, corn, and steamed sweet potatoes. Cover and continue cooking over low heat for 10-15 minutes. 7. Serve 1/4 cup quinoa with 1 cup chili. Serve hot. May serve brown rice in place of quinoa.
Fresh onion, peeled, diced	1 cup	
Fresh garlic, minced	2 tsp	
Low-sodium vegetable stock	3/4 cup	
Fresh carrots, peeled, diced 1/2"	1-1/4 cups	
Fresh red bell peppers, seeded, diced	1/2 cup	
Ground chipotle pepper (optional)	1/2 tsp	
Fresh sweet potatoes, peeled, diced 1/2"	1 cup	
Canned low-sodium diced tomatoes	1-3/4 cups	
Canned low-sodium tomato sauce	1 cup	
Fresh cilantro, chopped	1/4 cup	
Chili powder	2-1/2 tsp	
Ground cumin	2-1/2 tsp	
Salt	1/4 tsp	
Canned low-sodium black beans, drained, rinsed	2 cups	
Frozen corn	1/2 cup	