



JERSEY TASTES! RECIPES

Cranberry Quinoa Pilaf #1

INGREDIENTS

FAMILY-SIZE

SERVES 6

#PORTION SIZE 8 OZ



- 1½ cups quinoa, white or red
- 3½ cups chickpeas, canned
- 1 cucumber, peeled & chopped
- 1 cup fresh cranberries, or 4 oz. dried
- ¼ cup mint, fresh & chopped
- ¼ cup red onion, diced
- ¼ cup apple cider vinegar
- 1 Tbsp. dijon mustard
- 2 heaping Tbsp. of honey

SCHOOL FOOD SERVICE

SERVES 24

PORTIONS: 24-8 OZ



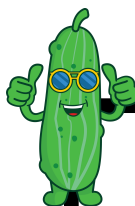
- 5 cups quinoa, white or red
- 7 cups chickpeas, cooked/canned
- 2 cucumbers, peeled & chopped
- 3 cups fresh cranberries or 1½ cups dried
- 1½ cups of fresh mint chopped
- 1 cup red onion, diced
- 1 cup apple cider vinegar
- 4 Tbsp. dijon mustard
- ½ cup honey



DIRECTIONS



- 1 Cook the quinoa according to directions for recipe. Chill and set aside.
- 2 In a separate mixing bowl, combine vinegar, Dijon, and Honey. Whisk until fully incorporated creating an emulsified dressing. Next add Chickpeas, cucumbers, cranberries, mint, and red onion to the dressing mix well.
- 3 In a large bowl, combine quinoa and dressing mixture. Stir until ingredients are well blended. Salt to taste. Mix before serving.



Fun Fact:

Cranberries have small pockets where air seeps into that allows them to float.

Cranberries are good for your teeth preventing bacteria and plaque-buildup on teeth.



**PORTION SIZE: 1 Bowl= 4oz Meat/ Meat Alternative
1 Grain Equivalent; 1/4 cup Fruit Equivalent;
1/4 cup Vegetables (1/4 cup Red/Orange)**

RECIPES MADE IN COLLABORATION WITH:

